

June Meal Prep Guide



A TALE OF TWO DIPS

This is the kind of spread that makes people think you've gone to a lot more trouble than you actually have. Two vibrant dips – a silky, bright green pea and edamame blended with tahini and fresh mint, and a deeply smoky, warmly spiced muhammara made from charred red peppers and toasted walnuts – sit alongside a generous platter of seasonal crudités. It's endlessly adaptable to whatever looks beautiful at the market, equally at home as a starter at a dinner party or the centrepiece of a lazy weekend brunch. Make both dips ahead, arrange the vegetables just before serving, and it practically puts itself together.



PESTO PASTA SALAD WITH ENGLISH PEAS, SPINACH & GREEN BEANS

This is the pasta salad that earns its place at every table – vibrant, deeply green, and packed with so much good stuff that it eats more like a proper meal than a side dish. The dressing is a blender pesto made with baby spinach, basil, white miso, and lemon, which coats every piece of pasta and vegetable in something bright and savoury and genuinely hard to stop eating. It travels well, comes together quickly, and tastes even better after it's had a little time to sit – which makes it ideal for picnics, potlucks, or meal prepping ahead of a busy week.



LATE SPRING SALAD WITH BUTTERMILK RANCH DRESSING

This is the salad you make when spring finally arrives and the market stalls are full of things that are just too beautiful to cook. Baby greens form a delicate base, piled high with pea tendrils, crisp sugar snap peas, and radishes roasted in butter until tender and caramelised at the edges. What sets it apart is the herb garlic crumble – golden, fragrant breadcrumbs toasted with rosemary, oregano, and thyme that add the kind of crunch and depth you'd never expect from something so simple. The whole thing gets brought together with a creamy, herby buttermilk ranch that's so good you'll want to keep a jar of it in the fridge at all times. Finished with edible flowers, it's a salad that earns its place as a centrepiece without asking very much of you at all.



HERBY CHICKEN BREAST

This is the kind of recipe that makes a plain chicken breast genuinely exciting. Brining the chicken – even for a few hours – is a simple step that makes an enormous difference, keeping the meat juicy and well-seasoned all the way through rather than just at the surface. What makes it really sing, though, is the herb sauce: bright with lemon, fragrant with fresh herbs, and spooned over generously just before serving. It comes together in minutes and works equally well whether you grill or roast the chicken, making this an easy, adaptable weeknight dinner that feels a little more special than it has any right to.



SALMON PUTTANESCA

This is the kind of showstopping centrepiece that looks like it took far more effort than it did. A whole salmon fillet is laid over sliced lemon and blanketed in a deeply savoury oil – built from anchovies, tomato paste, chilli, coriander, and sweet slivers of garlic – then roasted until just cooked through and finished with a bright, briny salsa of olives, capers, preserved lemon, and fresh herbs. It's bold, it's beautiful, and it's the sort of dish that earns genuine compliments with very little fuss. Equally at home at a weekend dinner party as it is on a quiet weeknight, this one is worth keeping in regular rotation.



TOMATO & SWEET CORN SALAD WITH ELOTE VINAIGRETTE

This is the kind of salad that earns its place at the centre of the table. Sweet, charred corn straight from the grill, juicy cherry tomatoes, crisp little gems, and torn burrata – it's simple, seasonal, and completely impossible to stop eating. What really makes it is the elote vinaigrette: a roasted corn dressing that's nutty, lightly sweet, and just sharp enough to pull everything together. It comes together quickly, travels beautifully, and works as easily at a summer dinner party as it does on a weeknight. Make the dressing ahead and the rest takes minutes.

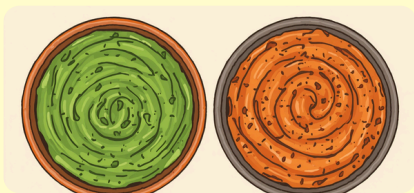


TURMERIC QUINOA SALAD WITH SUMMER RADISHES & ROASTED RED PEPPER

This is the kind of salad that looks like it took far more effort than it did – golden turmeric quinoa, shredded red cabbage, sweet roasted red pepper, crisp radishes, fresh mint, and creamy avocado, all brought together with an almond satay dressing that is deeply savoury, nutty, and just a little addictive. It's the sort of thing that works equally well as a weekday lunch, a side at a summer gathering, or a dish you bring to a potluck and get asked about for weeks. Everything can be prepped ahead, and it holds up beautifully, making it one of the most reliable salads in the rotation.

A Tale of Two Dips

Yield : 6 Servings



Ingredients

Pea & Edamame Dip

- 1 cup frozen green peas
- 1 cup frozen shelled edamame
- 3 tablespoons water
- 3 tablespoons tahini
- 1 tablespoon olive oil
- Juice of ½ lemon
- 10 fresh mint leaves
- 2 garlic cloves
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt

Muhammara Dip

- 6 red peppers
- 1 cup fresh breadcrumbs
- 1 cup walnuts
- 2 tablespoons pomegranate molasses
- 1 tablespoon fresh lemon juice
- 1 tablespoon ground cumin
- 2 tablespoons Aleppo chilli flakes
- 1 tablespoon sumac
- 2 small garlic cloves, peeled and crushed
- 4 tablespoons olive oil, plus more to finish
- Kosher salt, to taste

Crudités

- 2 heads endive, leaves separated
- 1 bunch baby carrots or rainbow carrots, trimmed and halved lengthwise
- 1 bunch Easter radishes, halved
- 1 watermelon radish, thinly sliced
- 1 small head cauliflower, broken into florets
- 2 yellow beets, roasted or raw, cut into wedges
- 4 celery stalks, cut into sticks
- 4 Persian or Japanese cucumbers, halved lengthwise
- 6 mini Italian peppers, halved and seeded
- 1 cup cherry tomatoes
- 1 cup green beans, trimmed
- 1 cup sugar snap peas, trimmed
- 6 small purple potatoes, boiled and halved

Method

Start with the muhammara, as it takes the most time. Char the red peppers directly over a gas flame or under a hot grill, turning occasionally, until blackened all over. Transfer to a bowl, cover tightly with plastic wrap or a plate, and leave to steam for 15 to 20 minutes — this loosens the skin and makes them easy to peel. Once cool enough to handle, peel away the charred skin and remove the stems and seeds. Set aside.

Meanwhile, toast the breadcrumbs in a dry skillet over medium heat, stirring frequently, until golden and crisp, about 3 to 4 minutes. Tip into a bowl and set aside. In the same pan, toast the walnuts over medium heat for 3 to 4 minutes, stirring often, until fragrant and lightly golden. Allow to cool, then transfer to a food processor and pulse until very finely chopped. Tip into a bowl and set aside.

Place the roasted peppers, breadcrumbs, pomegranate molasses, lemon juice, cumin, Aleppo chilli flakes, sumac, garlic, and olive oil in the food processor. Season generously with kosher salt and process until smooth. Taste and adjust seasoning as needed. Transfer the pepper mixture to the bowl with the walnuts and stir well to combine. Finish with a drizzle of olive oil.

For the pea and edamame dip, cook the peas and edamame in a saucepan of boiling water for 3 minutes, then drain well. Transfer to the food processor along with the tahini, water, olive oil, lemon juice, mint leaves, garlic, cumin, and salt. Blend until smooth and creamy. Taste and adjust seasoning — add more tahini for a creamier result, or a little more lemon for extra brightness.

Transfer both dips to serving bowls and arrange the cruditéés on a large platter or board alongside. Serve immediately.

Recipe Notes:

Both dips can be made up to 2 days ahead and stored in separate airtight containers in the refrigerator. The pea dip may thicken slightly as it sits — stir in a splash of water to loosen before serving. Bring the muhammara to room temperature and finish with a fresh drizzle of olive oil just before serving.

For the purple potatoes, simply boil them whole in salted water until just tender, about 15 minutes, then halve and allow to cool before adding to the platter.



Pesto Pasta Salad with English Peas, Spinach & Green Beans

Yield : 6 Servings



Ingredients

Kosher salt and freshly cracked black pepper, to taste	1½ oz fresh basil leaves, plus more to serve
1 lb short-cut pasta (such as rigatoni, campanelle, or fusilli)	½ cup extra virgin olive oil
6 oz green beans, cut into 1-inch pieces	2 tablespoons white miso
3 cups sugar snap peas	1 clove garlic, crushed
1 cup frozen or fresh English peas	Zest and juice of 1 lemon
3½ oz baby spinach	4 oz feta, thinly sliced or crumbled

Method

Bring a large pot of water to a boil and season generously with kosher salt. Add the pasta, give it a stir, and cook until al dente according to package instructions.

While the pasta water comes to a boil, make the dressing. Place the spinach, basil, olive oil, miso, garlic, and lemon zest and juice in a blender. Blend to a bright green purée. Taste and adjust seasoning with salt and a few grinds of pepper, then blend once more. Set aside.

Prepare a large bowl of ice water. Just before draining the pasta, bring the water back to a full boil and add the green beans. Blanch for about 1 minute 30 seconds, then lift out with a slotted spoon or spider and transfer immediately to the ice bath. Add the sugar snap peas and English peas to the boiling water and blanch until barely softened, about 20 to 30 seconds – if using fresh English peas, add them first for about a minute before adding the snap peas. Drain and add to the ice bath with the green beans. Once cool, drain well and set aside.

Drain the pasta and rinse lightly with cold water to stop the cooking, then set aside.

Transfer the dressing to a large bowl. Add the pasta and all the vegetables and toss until everything is well coated. Taste and adjust seasoning with salt and pepper. Add the feta and an extra handful of fresh basil leaves and toss once more gently before serving.

Recipe Notes:

This pasta salad is best served at room temperature. It keeps well in an airtight container in the refrigerator for up to 3 days – bring it back to room temperature before serving and loosen with a drizzle of olive oil if needed.

White miso adds a deep savouriness to the dressing that you'd never quite put your finger on. It's worth keeping a tub in the fridge – it lasts for months and makes everything from salad dressings to roasted vegetables taste more interesting.

The vegetables are very adaptable – asparagus, peas, or thinly sliced courgette all work well in place of or alongside the green beans and snap peas. The key is to keep everything bright and barely cooked so the salad stays fresh and vibrant.



Herby Chicken Breast

Yield : 6 Servings



Ingredients

Chicken

3 chicken breasts
4 cups water
3 tablespoons kosher salt
2 teaspoons sugar
2 cloves garlic
5 whole black peppercorns
1 sprig fresh rosemary
1 sprig fresh thyme

Herb Sauce

$\frac{3}{4}$ cup fresh herbs, finely chopped (dill, thyme, parsley, rosemary, or a mix)
2 scallions, white and green parts, thinly sliced
1 clove garlic, minced
Zest of 1 lemon
2 tablespoons fresh lemon juice
 $\frac{3}{4}$ cup extra virgin olive oil
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon freshly cracked black pepper
 $\frac{1}{2}$ teaspoon red chili flakes (optional)

Method

Halve each chicken breast horizontally from the rounded end to the point, then place between two sheets of parchment paper or cling wrap and pound to an even $\frac{1}{2}$ -inch thickness using a meat mallet or rolling pin.

Combine the water, kosher salt, sugar, garlic, peppercorns, rosemary, and thyme in a saucepan and heat, stirring until the salt and sugar are fully dissolved. Remove from the heat and allow to cool completely before using — add a small scoop of ice to speed things up if needed. Submerge the chicken in the brine, cover, and refrigerate for 3 to 4 hours.

Remove the chicken from the brine and pat thoroughly dry with paper towels.

To grill, cook over medium-high heat (375 to 425°F) for about 6 minutes per side, until the internal temperature reads 160°F. To roast, place on a baking sheet and cook in a 350°F (175°C) oven for 10 to 15 minutes, until the internal temperature reads 160°F. Allow the chicken to rest for 5 minutes before slicing into 4 to 5 strips.

While the chicken cooks, make the herb sauce. Combine the chopped herbs, scallions, minced garlic, lemon zest and juice, olive oil, salt, pepper, and chili flakes (if using) in a bowl and stir well to combine. Taste and adjust seasoning as needed. Allow to sit for at least 30 minutes before serving to let the flavours meld — taste once more and adjust if needed.

Arrange the sliced chicken on a serving plate and spoon over the herb sauce generously. Serve immediately.

Recipe Notes:

Use whatever combination of fresh herbs you like or have on hand — parsley and dill make a bright, fresh sauce, while rosemary and thyme give something earthier and more aromatic. A mix of all four works beautifully.

Don't skip the brine — even 3 hours makes a significant difference to the texture and seasoning of the finished chicken. If you're short on time, even 1 hour is better than nothing.

The herb sauce is also wonderful as a dressing for roasted vegetables, grain bowls, or spooned over grilled fish. Make a larger batch and keep it in the refrigerator for up to 3 days.

Leftovers keep well in an airtight container in the refrigerator for up to 3 days. The chicken is delicious cold, sliced over salad, or tucked into a sandwich with extra herb sauce.



Salmon Puttanesca

Yield : 4-6 Servings



Ingredients

Salmon

- 6 tablespoons almond butter
- 6 tablespoons fresh lime juice
- 3 tablespoons fresh ginger, finely grated
- 3 tablespoons tamarind
- 3 tablespoons maple syrup
- 3 tablespoons rice vinegar
- ¼ cup water, plus more as needed

Salsa

- 1 cup dry white quinoa
- 1¾ cups water
- 1½ teaspoons ground turmeric
- ¾ teaspoon freshly cracked black pepper
- 4 cups red cabbage, finely shredded
- 3 teaspoons fresh lime juice
- Pinch of kosher salt
- 3 cups roasted red pepper, diced
- 1 cup radishes, thinly sliced
- ½ cup fresh mint, finely chopped
- 6 tablespoons walnuts, roughly chopped
- 3 spring onions, finely chopped
- 1½ avocados, diced
- 2 cups arugula

Method

Start by making the flavoured oil. Place the olive oil, anchovies, and tomato paste in a small sauté pan over medium heat and cook, stirring, for about 5 minutes until the anchovies have melted into the oil and everything is fragrant and deeply coloured. Add the chilli flakes and coriander seeds and cook for another minute, then remove from the heat. Stir in the garlic, preserved lemon, and maple syrup, and set aside to cool for about 15 minutes – you want it at room temperature before it goes on the fish.

Preheat the oven to 390°F (200°C) and line a roasting tin with parchment paper. Arrange the lemon rounds in a single layer across the base of the tin. Season the salmon generously on both sides with salt and plenty of black pepper, then lay it skin side down on top of the lemon slices. Scatter the cherry tomatoes around the edges of the fish.

Pour the cooled oil and all its aromatics over the salmon, pressing the garlic slices flat against the flesh so they roast into the fish rather than falling away.

Bake for 17 to 20 minutes depending on how you like your salmon – 17 minutes will give you something still beautifully soft in the centre, 20 minutes if you prefer it more fully cooked. Remove from the oven and allow to rest for 5 minutes before serving.

While the salmon bakes, make the salsa. Combine the olives, capers, preserved lemon, basil, parsley, olive oil, lemon juice, and salt in a small bowl and stir well to combine. Taste and adjust seasoning as needed.

Serve the salmon directly from the tin or carefully transfer to a platter, spooning the salsa generously over the top.

Recipe Notes:

Preserved lemons are worth keeping in the pantry – they add a depth of salty, fermented citrus flavour that fresh lemon simply can't replicate. Look for them at specialty grocers, Middle Eastern food shops, or online. Once opened, they keep in the refrigerator for months. If you can't find them, a combination of fresh lemon zest and a small pinch of flaky salt is the closest substitute – use the zest of half a lemon in place of each preserved lemon rind called for.

Leftovers keep well in the refrigerator for up to 2 days. The salmon is wonderful served cold the next day, flaked over salad or tucked into a wrap with extra salsa.



Late Spring Salad

Yield : 6 Servings



Ingredients

Salad

6 to 8 heads baby greens, washed and dried
1½ cups pea tendrils
1 cup sugar snap peas, sliced on the diagonal
1 cup radishes, halved
2 tablespoons unsalted butter
Edible flowers, to garnish (radish flowers if possible)
Salt and freshly cracked black pepper, to taste

Buttermilk Ranch Dressing

6 tablespoons mayonnaise
¾ cup buttermilk, plus more to thin if needed
¾ cup sour cream
1 tablespoon fresh lemon juice
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon dried dill
1 teaspoon dried parsley
2 tablespoons fresh chives, finely minced
Kosher salt and freshly cracked black pepper, to taste

Herb Garlic Crumble

2 cups bread, cut into approximately 1-inch pieces
1 tablespoon mixed fresh herbs, finely minced (rosemary, oregano, and thyme)
1½ teaspoons granulated garlic
½ cup extra virgin olive oil
1 teaspoon kosher salt
Freshly cracked black pepper, to taste

Method

Make the herb garlic crumble first. Preheat the oven to 350°F (175°C). Place the bread pieces in a food processor and pulse until they resemble coarse crumbs. Transfer to a mixing bowl, add the minced herbs, granulated garlic, olive oil, salt, and pepper, and toss well to combine. Taste and adjust seasoning if needed. Spread the crumble in an even layer on a baking sheet and bake for 10 minutes, then pull from the oven, stir, and return for a further 5 minutes if they need more colour — check and stir frequently so they toast evenly. Remove from the oven and allow to cool completely on the tray; they will crisp up as they cool.

While the crumble bakes, roast the radishes. Toss the halved radishes with the melted butter and a pinch of salt, and spread in a single layer on a small baking sheet. Roast at 350°F (175°C) for 15 to 20 minutes, until tender and just beginning to caramelize at the edges. Set aside to cool slightly.

Make the ranch dressing. Combine all the ingredients in a bowl and whisk until smooth and well combined. Taste and adjust seasoning with salt and pepper. If the dressing is too thick, add buttermilk one tablespoon at a time until it reaches your preferred consistency. Set aside.

Wash the baby greens in a large bowl of cold water, allowing them to sit for a few minutes to loosen any grit, then lift out and spin dry in a salad spinner. Transfer to a large mixing bowl and add the pea tendrils, sugar snap peas, and roasted radishes. Toss gently to distribute the vegetables evenly through the leaves.

Season with a pinch of salt and pepper and add the ranch dressing. Toss to coat, then scatter over the herb garlic crumble and toss once more. Taste and adjust with more dressing or seasoning as needed. Transfer to a serving bowl, garnish with edible flowers, and serve immediately.

Recipe Notes:

The herb garlic crumble can be made ahead and stored in an airtight container at room temperature for up to 3 days. Add it to the salad just before serving so it stays crunchy. Any sturdy bread works well for the crumble — sourdough or a country loaf give the best texture and flavour, but a day-old baguette or ciabatta are excellent too. Slightly stale bread is ideal as it crisps up more easily.

The ranch dressing keeps well in an airtight jar in the refrigerator for up to 1 week. Give it a stir before serving as it may thicken slightly as it sits — loosen with a splash of buttermilk if needed. For a thicker dip consistency, reduce the buttermilk to ½ cup.

Pea tendrils are most widely available in spring at farmers markets or Asian grocery stores. If you can't find them, watercress or baby arugula make a lovely substitute with a similar delicate texture and a little peppery bite.

Edible flowers are a beautiful finishing touch but entirely optional. Radish flowers are a natural fit here — if your radishes have bolted, let them flower and use the blooms. This salad is best dressed and served straight away. If assembling ahead, keep all components separate and toss together just before bringing to the table.



Tomato & Sweet Corn Salad with Elote Vinaigrette

Yield : 6-8 Servings



Ingredients

Salad

2 cups cherry tomatoes
3 ears sweet corn, shucked
3 heads little gem lettuce, leaves picked and washed
½ cup fresh herbs, finely chopped (cilantro, chives, and scallions)
½ cup almonds, toasted and coarsely chopped
8 oz burrata, torn
Edible flowers, to garnish (optional)
Kosher salt and freshly cracked black pepper, to taste

Elote Vinaigrette

1 cup corn kernels (from about 2 ears of corn)
1 clove garlic
1 small shallot
¾ cup champagne vinegar
1½ cups neutral oil
1 teaspoon kosher salt
½ teaspoon freshly cracked black pepper

Method

Start with the elote vinaigrette. Preheat the oven to 400°F (200°C). If using fresh corn, cut the kernels from the cob, toss with a little olive oil and a pinch of kosher salt, and spread in an even layer on a parchment-lined baking sheet. Roast for 15 to 20 minutes, until golden and just beginning to caramelize at the edges. Allow to cool completely.

Transfer the cooled corn to a blender along with the garlic, shallot, champagne vinegar, salt, and pepper. Blend until completely smooth, then pass through a fine-mesh strainer to remove any remaining solids. Pour the strained mixture back into the blender and, with the blender running on medium-low, slowly stream in the neutral oil until the dressing is fully emulsified. Taste and adjust seasoning as needed. Set aside.

For the salad, grill the sweet corn directly over a medium-high flame, turning every couple of minutes, until charred to your liking, about 6 to 8 minutes total. Transfer to a cutting board and allow to cool slightly, then carefully slice the kernels from the cob and set aside.

Place the little gem leaves, charred corn kernels, cherry tomatoes, chopped herbs, and toasted almonds into a large bowl. Season with kosher salt and pepper and drizzle over enough elote vinaigrette to coat everything lightly. Toss gently to combine.

Transfer to a serving bowl or platter and arrange the torn burrata over the top. Garnish with edible flowers if using, and serve immediately.

Recipe Notes:

The elote vinaigrette makes more than you'll need for one salad – store any leftover dressing in an airtight jar in the refrigerator for up to 1 week. It's wonderful over roasted vegetables, grain bowls, or grilled fish.

If you don't have a grill, the corn can be charred directly over a gas burner or roasted under a hot broiler, turning regularly, until the kernels are well coloured and fragrant.

Burrata is best added just before serving – it doesn't hold well once torn and will weep into the salad if it sits too long.

Little gem lettuce can sometimes be tricky to find. Romaine hearts are the easiest substitute – they have a similar crisp texture and hold up well to the dressing.



Turmeric Quinoa Salad with Summer Radishes & Roasted Red Pepper

Yield : 6 Servings



Ingredients

Almond Satay Dressing

- 6 tablespoons almond butter
- 6 tablespoons fresh lime juice
- 3 tablespoons fresh ginger, finely grated
- 3 tablespoons tamari
- 3 tablespoons maple syrup
- 3 tablespoons rice vinegar
- ¼ cup water, plus more as needed

Salad

- 1 cup dry white quinoa
- 1¾ cups water
- 1½ teaspoons ground turmeric
- ¾ teaspoon freshly cracked black pepper
- 4 cups red cabbage, finely shredded
- 3 teaspoons fresh lime juice
- Pinch of kosher salt
- 3 cups roasted red pepper, diced
- 1 cup radishes, thinly sliced
- ½ cup fresh mint, finely chopped
- 6 tablespoons walnuts, roughly chopped
- 3 spring onions, finely chopped
- 1½ avocados, diced
- 2 cups arugula

Method

Rinse the quinoa thoroughly under cold water to remove any bitterness. Add to a small saucepan with the water, ground turmeric, and black pepper. Bring to a gentle boil, then reduce the heat to low, cover, and cook for about 12 minutes until the water is fully absorbed. Remove from the heat and leave to rest, lid on, for 5 minutes, then fluff with a fork. Spread the cooked quinoa onto a baking tray and allow to cool completely before adding to the salad.

While the quinoa cooks, make the almond satay dressing. Combine the almond butter, lime juice, ginger, tamari, maple syrup, rice vinegar, and water in a small blender and blend until smooth. The dressing thickens quickly – if it seems too thick, add a splash more water and blend again until it reaches a pourable consistency.

Shred the red cabbage finely with a knife or using a Y-shaped vegetable peeler, discarding the outer leaves. Transfer to a large bowl, add the lime juice and a pinch of kosher salt, and massage briefly until the cabbage turns bright and vibrant.

Add the cooled quinoa to the bowl along with the roasted red pepper, radishes, mint, walnuts, spring onions, avocado, and arugula. Pour over the almond satay dressing and toss gently to combine. Taste and adjust seasoning as needed. Serve immediately.

Recipe Notes:

The quinoa can be cooked and cooled up to a day ahead and stored in the refrigerator – this makes the salad very quick to pull together when you need it.

The almond satay dressing keeps well in a sealed jar in the refrigerator for up to 5 days. It thickens as it sits, so whisk in a little water to loosen before using.

If you prefer to roast your own red peppers, halve them, remove the seeds, drizzle with olive oil, and roast at 425°F (220°C) for 25 to 30 minutes until blistered and soft. Jarred roasted red peppers are a great shortcut and work beautifully here.

This salad holds up well if dressed and left to sit for a short time – the exception is the avocado, which is best added just before serving to keep it fresh and vibrant.

