The Finest 15 Minute Recibes From

Vatures Finest







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Quick Fruity PANCAKES





Serves: 2

Prep Time: 5mins

What You Will Need:

- 2 x Nature's Finest Peach
 Snack Cups drained
- handful of chopped strawberries & blueberries
- small knob of butter, for frying
- 1banana
- 1 egg
- 1 heaped tbsp self-raising flour
- ½ tsp baking powder
- maple syrup, to serve (optional)

How To Prepare:

- Melt the butter in a non-stick frying pan over a low-medium heat.
- Add the banana, egg, flour and baking powder to a blender and blitz for 20 seconds.
- ight of the post of the post of the policy in the policy in the frying pan.
- Cook for 1 min or until the tops start to bubble, then flip with a fork and cook for 20-30 seconds more.
- Repeat with the rest of the mixture to make three more pancakes.
- Serve the pancakes topped with our Finest Peach chunks, chopped strawberries and a few blueberries!

"A cooked breakfast is rarely this easy!"



Mango, Bahaha & Orange SMOOTHIE





- Serves: 4-6
- Prep Time: 5mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Mango, drained
- 1 x Snack cup Nature's
- · Finest Mandarin, drained
- 600ml orange juice
- 2 ripe bananas
- 500g tub yogurt
- handful of ice cubes

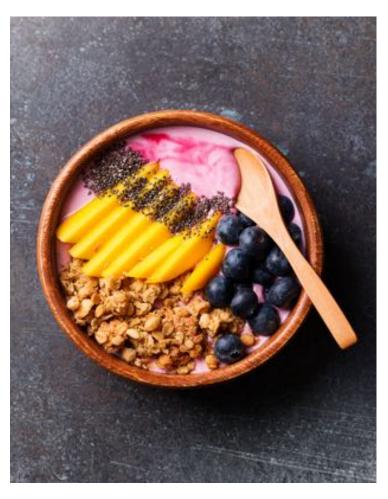
How To Prepare:

- Put our Mango chunks, the orange juice, bananas, yogurt and ice cubes into a liquidiser and blend until smooth.
- Pour into glasses and enjoy!

"Kick-start your day with this deliciously refreshing smoothie"



Pear, Mango & Blueberry BREAKFAST BOWL





- Serves: 2
- Prep Time: 10mins

What You Will Need:

- 200g of Nature's Finest Pear drained
- 200g of Nature's Finest
 Mango drained
- 4 tbsp oats
- 250g yogurt
- 5 tbsp skimmed milk, plus a bit extra
- 1-2 tbsp pumpkin seeds
- 2-3 handfuls blueberries

How To Prepare:

- Roughly chop our Pears and put into a bowl with our Mango, the oats, half the yogurt, the milk and most of the seeds.
- Leave for 5-10 mins, then check the consistency and dilute with a little more milk or water if it is too thick.
- Spoon on the remaining yogurt, pile on the berries and remaining seeds, then dig-in!

"Pack in 2 of your 5-a-day with this start to your day!"



Speedy Pineapple & CHICKEN STIR-FRY





- Serves: 4
- Prep Time: 10mins

What You Will Need:

- 1 x 400g pot Nature's Finest Pineapple, drained
- 2 tbsp sunflower oil
- 400g chicken pieces
- 3cm piece fresh ginger, grated
- 1 garlic clove, crushed
- 6 spring onions, finely sliced
- Handful of sugar snap peas
- 2 x 250g pre-cooked basmati rice pouches
- 4 tbsp soy sauce
- 3 tbsp sesame oil
- Generous handful of coriander, chopped
- Grated zest and juice 1 lime

How To Prepare:

- Heat the oil in a wok and fry the chicken until browned, then add the ginger and garlic and cook for 1 minute. Remove from the pan and set aside.
- In the same pan, cook the spring onions, our Pineapple and sugar snap peas for 2 minutes over a high heat, then turn off the heat.
- Return the chicken, ginger and garlic mixture along with any juices to the pan.
- Microwave the rice pouches according to the pack instructions. Add to the pan with the soy sauce, sesame oil, chopped coriander and lime juice and zest.
- 5 Stir in and serve!

"For a vegetarian supper, substitute with strips of tofu"



Citrus Salmon SALAD





- Serves: 2
- Prep Time: 10mins

What You Will Need:

- 200g of Nature's Finest
 Mandarin, drained (keeping the juice to one side)
- 2 salmon fillets
- 100g bag watercress
- ½ pack feta cheese
- olive oil
- seasoning to taste

How To Prepare:

- Heat oven to 200C/180C fan/gas 6.
- Drizzle over olive oil, and a little salt & pepper, over the salmon then roast for around 8-10 mins.
- Mix the 2-3 tbsp of the Mandarin juice with 2 tbsp extra virgin olive oil to make a dressing.
- Toss the watercress with the Mandarin segments, dressing and feta, and serve with the salmon, flaked into large pieces.

"Why not add some chopped avocado or sunflower seeds for an extra taste sensation?!"



Tropical legan MUG CAKE



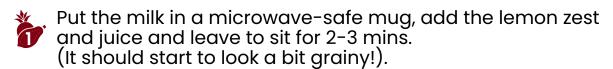


- Serves: 1
- Prep Time: 7mins

What You Will Need:

- 1 x snack cup Nature's Finest Tropical Fruits, drained
- 3 tbsp dairy-free milk
- · pinch lemon zest
- 1 tsp lemon juice
- 1 tbsp sunflower oil
- 4 tbsp self-raising flour
- 2 tbsp caster sugar
- pinch bicarbonate of soda
- coconut cream (to serve)

How To Prepare:



Stir in the sunflower oil, flour, sugar and bicarbonate of soda. Mix really well with a fork until smooth.

Drop in 6 pieces of our Tropical Fruits then microwave on high for 1 min 30 secs, or until puffed up and cooked through.

Serve with a drizzle of coconut cream!

"Satisfy a craving with this super quick mug cake!"



Sticky Toffee Prupe & CHOCOLATE DESSERTS





• Serves: 4-6

Prep Time: 15mins

What You Will Need:

- 4 large chocolate muffins, crumbled
- 50g chopped Nature's Finest Prunes, drained
- small knob of butter, for greasing
- 50g light muscovado sugar
- 50g butter
- 75ml double cream
- cream & chopped walnuts (to serve)

How To Prepare:

- Heat oven to 200C/180C fan/gas 6.
- Mix the muffins with the prunes in a bowl then divide between 4 buttered ramekins or one baking dish.
- Cover with foil and bake for 8 mins until just warmed through.
- Place the sugar, butter and cream in a small pan and gently heat together, stirring until the sugar dissolves.
- Pour the sauce over the muffin mixture and serve warm with pouring cream.

"A dessert to warm you up on a cold day"

