

FREE WEDDING MAG INSIDE!

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No.1

GLAMOROUS

ONLY
£1.25

**CELEBS
WITHOUT
MAKE-UP**



*Lust-worthy
Lingerie*

From

£7



**FRONT ROW
STYLE SECRETS**



STARS TYING THE KNOT!

Jennifer:
'It's now
or never'

Mila:
'I want
babies &
marriage'

Scarlett:
'I'll wed
in Paris'



Win £500

Worth of Hot Heels!



Plus save **£1,000** on your supermarket shop

Faster pesto pasta

Serves 2

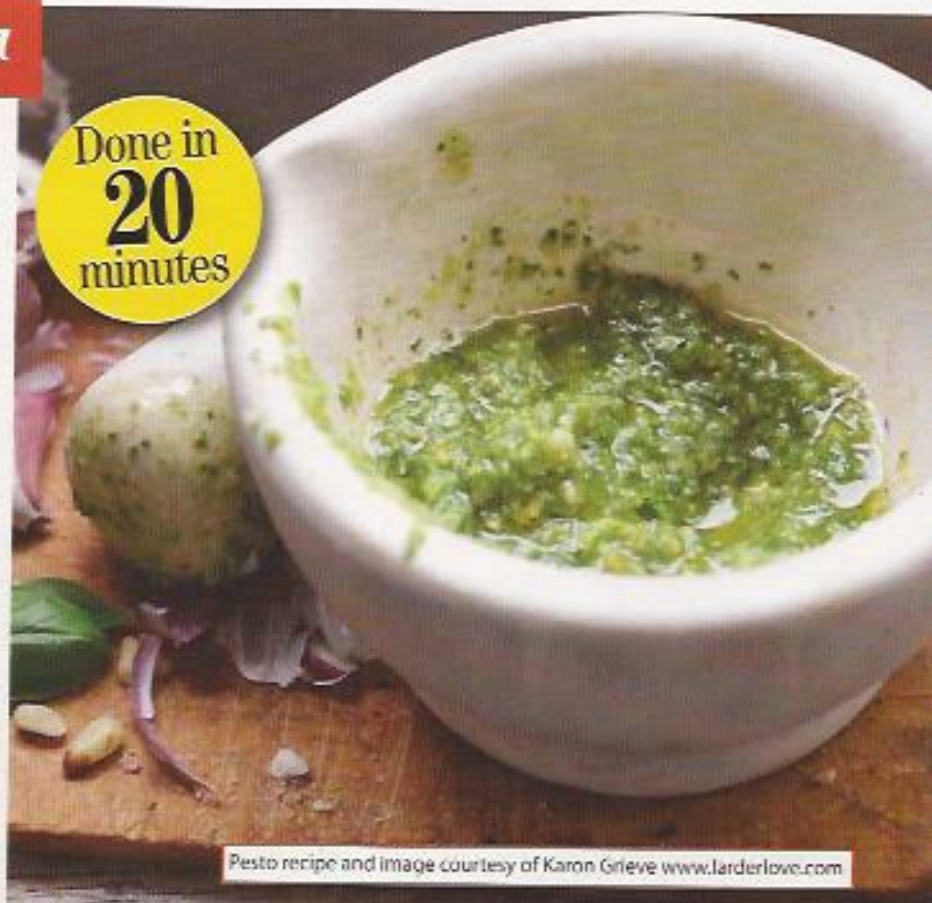
INGREDIENTS

- 200g pasta of your choice
 - 1 cup of frozen peas
 - 10 cherry tomatoes (halved)
 - 1 roasted chicken breast (chopped)
 - 1 courgette (chopped)
- For the pesto:
- 1 handful of fresh basil leaves
 - 2 tbsp pine nuts
 - 1 clove garlic
 - 1 tbsp parmesan
 - Olive oil
 - Salt and pepper

METHOD

1. Put the pasta in a large pan of boiling water and cook until tender.
2. Whizz the pesto ingredients (except the oil) in a food processor, then drizzle in the olive oil until you have a saucy consistency. Season to taste.
3. Meanwhile, heat a little oil in a frying pan and add the tomatoes and courgette. Cook for a few minutes until soft then add the chicken.
4. Add the peas to the pasta water for the final two minutes then drain and add to the frying pan.
5. Coat the chicken pasta in pesto then serve with grated parmesan. Store leftover pesto in the fridge in a small jar and pour a little olive oil over the top to keep it fresh. Keep for up to 1 week in the fridge or freeze in an ice cube tray for up to 3 months.

Done in
20
minutes



Pesto recipe and image courtesy of Karon Grieve www.larderlove.com

Speedy Sole Piccata

Serves 2

INGREDIENTS

- Olive oil
- 2 sole fillets (you can use any white fish)
- Juice of 1 lemon
- 1 tbsp capers
- 4 tbsp white wine
- 2 tbsp plain flour
- 1 tbsp butter
- Salt and pepper
- 2 large handfuls of kale.

METHOD

1. Heat some oil in a frying pan over a medium-high heat.
2. Season the fish with salt and pepper, then coat the fillets in flour.
3. Put the kale in boiling water to cook until just tender.
4. Cook the fish in the pan for around 2 minutes on each side until cooked through then remove and cover to keep warm.
5. Add the wine, lemon juice and capers to the pan. Add butter and stir for around a minute, then pour over fish and serve.

Done in
15
minutes

