

Table Squish

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It's so lovely to be able to cook for my family as they all live in different parts of the world. When we meet I thoroughly enjoy cooking up a feast and having lots of delicious food on the table, it's like Christmas has come early!

It gives me so much joy to have everyone sitting around the table and me trying to squish in as much food as possible for them to enjoy. It's the laughter and sharing of food that warms my heart and makes all the cooking worth it.

It always more fun when we meet up in the summers as we can have light meals and lots of different salads. The kids also are more relaxed as they get to run around and play in the garden ahead of enjoying a meal as a family.

I have teamed up with Sainsbury's to bring you #TableSquish having been challenged by my friend Danny Kingston to use the following ingredients and spend under £30 to come up with some recipes.



- Salmon
- Orzo

- Courgettes
- Manchego

I had such a fun afternoon creating and exploring different recipes I could make however in the end I came up with:

- Grilled salmon with orzo and pesto salad
- Baked orzo with manchego and courgettes

These are the perfect recipes for a summer gathering or a feast as the salmon salad is refreshing and light and the baked orzo is great warm or cold. Plus they go really well with some green crunchy salad.

These are quick and easy recipes where all the family can share the prep work. Whenever I can, I like to get the kids involved and get them doing small jobs such as chopping and prepping the food.

I served these dishes with a halloumi salad, watermelon, crisps and some delicious chocolate bread. All very much enjoyed by my whole family.



Baked orzo with manchego and courgettes

For the topping

1 tbsp olive oil

1 courgette, thinly sliced

2 tbsp olive oil

20 gms salted butter

1 large onion, finely chopped

2 courgettes, roughly chopped

3 garlic cloves, finely chopped

350 gms orzo

600 ml veg stock

30 gms manchego cheese, grated

30 gms cheddar, grated

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp pepper

Heat the oil in a pan and cook the slices until golden on both sides. Remove them on a plate and leave them aside.

Preheat the oven to 180 C.

Heat the oil and butter in an oven proof pan, add the onions and garlic and cook for 2 minutes until they soften. Add the courgettes and cook for another minute before adding the pasta.

Now add the veg stock, salt, pepper and cheese and mix well. Place the cooked courgettes on top, cover and bake for 30 minutes until the orzo is cooked. Serve hot.



Grilled salmon with orzo and pesto salad

150 gms orzo

2 tbsp basil pesto

10 baby tomatoes

10-15 basil leaves

2 salmon fillets

pinch of salt

pinch of pepper

1 tsp olive oil

Add the orzo to a pan of salted boiling water. Cook for 8-10 minutes and then use the sieve to get rid of excess water. Add the pesto to the pasta and put it in a bowl.

Add the chopped tomatoes and basil leaves to this.

Rub the salmon fillets with salt, pepper and oil on both sides. Heat a pan and cook the fillets for 2-3 minutes on each side until cooked through.

Place the cooked salmon on top of the orzo and serve. Alternatively break the fillets into small pieces and place it on the orzo salad before serving.

