

**Monday 29<sup>th</sup> 2014**

Dear Customer,

I hope this finds you well. What beautiful weather. I love this time of year when the leaves are tinged and the sun is mellow. Here are some tasty recipes you could try this week:

**Zesty Courgette and Broccoli Spaghetti**

2 courgettes, trimmed	200g broccoli
450g dry spaghetti	6 tbsp olive oil
25g walnut pieces, roughly chopped	zest of one lemon
pinch dried chilli flakes	salt and freshly ground black pepper
4 tbsp freshly grated Parmesan or vegan alternative	

Coarsely grate the courgettes then place them in a clean tea towel and squeeze dry. Chop the broccoli in diagonal slices about 3cm long with the leaves. Heat the oil in a large frying pan, add the courgettes and fry for 7 minutes on a medium heat. Stir occasionally. Add in the broccoli, chilli flakes, walnuts and lemon zest and continue to cook for a further 3 minutes. Season with salt and stir. In the meantime, cook the pasta in a large saucepan of salted, boiling water for 8-10 minutes or until just tender. Drain in colander. Add the spaghetti to the frying pan and toss all together on a medium heat for 30 seconds. Serve immediately sprinkled with Parmesan if using.

**Red Pepper and Courgette Salad**

1 large courgette	2 red peppers
1 tbsp fresh basil, finely chopped	2 tbsp olive oil
1 tbsp white wine vinegar	salt and pepper
2 tbsp pine nuts, lightly toasted ( either under grill or in a hot dry pan )	

Heat the grill on it's highest setting. Place the peppers under the grill and cook for around 10 minutes, turning occasionally until charred all over then remove from heat and place in a bowl, cover and set aside. Meanwhile, heat a large frying pan and cut the courgette in half widthways, then slice each half very thinly. Fry the courgette in a little of the olive oil until softened and lightly browned then place in a bowl. Once the peppers are cooled, peel away the charred skin, cut open and remove the core and seeds and then slice them into the bowl with the courgettes. Mix the dressing with the remaining olive oil, the basil and the vinegar. Season and pour over the courgettes and peppers and sprinkle them with the pine nuts. Serve with some crusty bread.

**Broccoli and Pasta Bake**

400g broccoli, chopped	450g penne or fusilli pasta
250g Cottage or Ricotta cheese	3 free range eggs, beaten
¼ tsp black pepper	¼ tsp paprika
½ tsp dry mustard	200g shredded Mozzarella or Cheddar cheese
1 handful grated Parmesan	

Steam or boil the broccoli until just tender then leave to cool. Meanwhile boil the pasta until tender then drain and rinse under cold water. Combine the broccoli, pasta and cottage cheese in a large bowl. In a separate bowl, beat the eggs with the pepper, paprika and mustard then pour over the pasta and combine. Pour the mixture into a large greased baking dish. Top with the cheeses and bake for 30 minutes. Serve with a fresh tomato and green salad.

It's Monday morning and I got back from France at midnight last night but it was past 3am by the time I had unpacked and started my washing, and then when I did finally go to bed, I was too awake to sleep. I closed my eyes and saw headlights coming towards me. I thought Sunday evening would be quiet on the roads but it took 2 hours to get past Heathrow on the M25 and the M1 wasn't much better. At junction 39 were road works, we were diverted off into Wakefield where we had to find our own way up to junction 40. There were no signs, we just followed each other slowly round the back streets. I felt very sorry for the car in front with the whole weight of the northbound M1 snaking behind him. It was trial and error as he contemplated every roundabout and junction. The snake got chopped up by traffic lights, everyone went through red lights, not wanting to find themselves in the lead – the responsibility would be too much. There were many lost souls coming out of residential cul de sacs, looking for a stream of traffic. I was so tired, when we finally got back on the motorway I just latched onto the back of a white BMW and let him/ her take the strain of working out where the road was. I followed it all the way to Scotch Corner, when it overtook, I did, when it changed lane, sped up, slowed down, so did I. It must have been really annoying for them. I'd dropped my friend off in London to pick up her car. She was worried about getting stopped by the police as her MOT had run out while we were away. I told her that she wouldn't get stopped but then as she pulled off with just one headlight working, I thought maybe she would. She was worried about going back to work the next day as she now had five mosquito bites on her face, including one on her eye lid and it had puffed her face up.

I've just found a French TV remote control in my handbag. I guess it could look a bit like my Blackberry without my glasses on.

Well now for the big work catch-up, go and see my lovely sheep, and back to finishing the song I had left unfinished.

Kind wishes,

Isobel