Another Good Serve

One Table. Two Tastes.

Recipes and creative direction by Alexandra Sefertzis.

Text refined and illustrations created with assistance from OpenAI tools.

Paperback ISBN 9781763926547



Grilled Salmon with Dill Sauce, Crushed Baby Potatoes & Green Beans

Golden salmon, cool lemon-dill yoghurt and two quick vegetable sides, with the potatoes started first so everything reaches the table together.

Serves 2

Timing: Preparation: 10 minutes; Cooking: 15–20, with parallel cooking

Equipment: Saucepan with a lid; Colander; Large frying pan or grill pan; Microwave-safe lidded bowl or a second small saucepan; Food thermometer; Small mixing bowl

Salmon

2 skin-on salmon fillets, 170–200 g each, pin bones removed
10 ml olive oil
¼ tsp fine salt
⅛ tsp freshly ground black pepper

Dill sauce

75 g plain Greek yoghurt
1 tbsp finely chopped fresh dill
½ tsp finely grated lemon zest
10 ml fresh lemon juice
½ small garlic clove, finely grated

Potatoes

350 g baby potatoes, scrubbed and cut into pieces no thicker than 2 cm
10 g unsalted butter
A small pinch fine salt, only if needed
Freshly ground black pepper, to taste

Beans

150 g green beans, trimmed
15 ml water
5 ml olive oil
1 tsp fresh lemon juice

Grilled Salmon with Dill Sauce, Crushed Baby Potatoes & Green Beans — continued

Method

Begin with fully thawed fish and chilled ingredients ready to prepare. Use the kettle, small potato pieces and microwave beans alongside the fish pan to follow the half-hour workflow.

1. Put the kettle on immediately. Scrub and cut the potatoes into pieces no thicker than 2 cm. Place in a saucepan, cover with boiling water from the kettle and bring back to a gentle boil. Simmer for about 10–12 minutes until completely tender when pierced; some potatoes may take longer.

2. While the potatoes cook, stir together the yoghurt, dill, lemon zest, 10 ml lemon juice and grated garlic in a small bowl. Refrigerate until serving. Trim the beans, keeping the vegetables and ready-to-eat sauce separate from raw fish and its utensils.

3. Pat the salmon dry. Brush with its 10 ml oil and season with the measured salt and pepper. Heat a large frying pan or grill pan over medium-high heat. Lay the salmon skin-side down and press gently with a spatula for the first 20 seconds so the skin stays in contact with the pan.

Grilled Salmon with Dill Sauce, Crushed Baby Potatoes & Green Beans — continued

4. Cook for about 5–6 minutes skin-side down, reducing the heat if it colours too quickly. Turn carefully and cook for approximately 3–5 minutes more, until the centre reaches at least 63°C on a clean thermometer and the flesh flakes readily. Fillet thickness may require extra time; do not stop cooking to meet the clock.

5. As the fish finishes, place the beans and 15 ml water in a microwave-safe bowl. Cover with a vented lid and microwave on high (approximately 1000 W) for about 2–3 minutes, checking for crisp-tender beans. Stand for 1 minute, then open the lid away from your face. Drain and toss with their 5 ml oil and 1 tsp lemon juice. Lower-powered microwaves may need longer.

6. Drain the tender potatoes well. Return to the warm empty saucepan, let surface steam escape briefly and lightly crush with the butter. Season with pepper and only a small pinch of salt if needed.

7. Share the potatoes and beans between 2 plates, add 1 salmon fillet per person and spoon half the chilled dill sauce alongside each. Serve immediately.

Allergens

Contains fish and milk. Check yoghurt and butter labels. No allergen-free claim.



Bacon-Wrapped Rosemary Chicken with Roast Garlic Tomatoes

Serves 2

Timing: Prep 15 minutes | Cook 25 minutes

Ingredients

2 chicken breast fillets, 180-200 g each
2 rashers rindless middle bacon
1 tsp garlic powder
1/2 tsp onion powder
1/4 tsp freshly ground black pepper
2 tsp olive oil
150 g cherry tomatoes
3 garlic cloves, unpeeled
1 1/2 tsp balsamic vinegar
1/4 tsp fine salt
2 rosemary sprigs

Bacon-Wrapped Rosemary Chicken with Roast Garlic Tomatoes — continued

Method

1. Heat oven to 200°C conventional / 180°C fan-forced.

2. Toss tomatoes and unpeeled garlic with 1 tsp olive oil, balsamic vinegar and salt and place in a roasting dish.

3. Pat chicken dry and season with garlic powder, onion powder and pepper.

4. Heat remaining oil in an ovenproof frying pan over medium-high heat and sear chicken 1 1/2-2 minutes each side.

5. Cool just enough to handle, lay a rosemary sprig over each breast, wrap each with a bacon rasher and secure if needed.

6. Roast with the tomatoes for 12-16 minutes, until the centre reaches 75°C.

7. Rest 5 minutes.

8. Remove toothpicks before serving.





Individual Caramilk Self-Saucing Puddings with Lemon Myrtle

Serves 2

Timing: Preparation: 10 minutes; Cooking: 24–27

Equipment: Two ovenproof ramekins, each 300–350 ml; Baking tray; Mixing bowl; Small heatproof jug

Pudding

70 g self-raising flour
36 g caster sugar
2 small pinches fine salt
40 g Caramilk chocolate, finely chopped
40 g unsalted butter, melted, plus a little extra for greasing
70 ml full-cream milk
1 tsp vanilla extract
1 tsp finely grated lemon zest

Sauce

36 g brown sugar
30 g Caramilk chocolate, finely chopped
¼ tsp finely ground culinary-grade lemon myrtle
110 ml boiling water

To serve

Vanilla ice cream, optional

Individual Caramilk Self-Saucing Puddings with Lemon Myrtle — continued

Method

Space the ramekins apart on the tray for air circulation. Serve one pudding per person.

1. Heat the oven to 180°C conventional / 160°C fan-forced. Lightly grease two 300–350 ml ovenproof ramekins and place them on a baking tray.

2. Combine the flour, caster sugar, salt and 40 g chopped Caramilk in a bowl. Stir the melted butter, milk, vanilla and lemon zest together, then fold into the dry ingredients just until no dry flour remains.

3. Divide the batter evenly between the ramekins and level lightly. Mix the brown sugar with the lemon myrtle and sprinkle half over each pudding. Scatter the remaining 30 g Caramilk evenly over the tops.

4. Measure 55 ml boiling water for each ramekin. Pour it slowly over the back of a spoon onto the topping, keeping the layers separate. Do not stir.

5. Bake on the middle shelf for an estimated 24–27 minutes. The tops should be risen and set, with no wet batter at the centre; sauce should remain underneath. Two separate ramekins retain the original pudding depth, so the baking time is not doubled.

6. Rest for 5 minutes. Place each hot ramekin on a heatproof plate and serve with ice cream if desired. Warn diners that the sauce and dishes will be hot.

Allergens

Contains wheat/gluten and milk; check chocolate and ice cream labels for additional allergens and cross-contact.