



THE WEIGHT LOSS GURU



FRUIT DINNER FOOD PLAN



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FRUIT DINNER FOOD PLAN

WEEK 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
B'FAST	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2 eggs, scrambled with smoked salmon	Chia pot with almond milk, yogurt and prunes	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2 kippers or haddock or mackerel	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Mushroom Omelette
LUNCH	Large serving of 'Oriental Chicken Salad' + edamame beans	Large serving of 'Lentil, Pumpkin & Rocket salad' + hummus + sauerkraut	Large serving of 'Salmon, Asparagus & Pea Salad' + lentils	Large serving of 'Classic Salad Niçoise' with green beans + puy lentils	A large portion of 'Pancetta, Spinach & Ricotta Bake' + salad	A serving of 'Pesto-Crusted Cod with Puy Lentils' + spinach	A large portion of roast beef & courgettes with horseradish sauce + butter beans
FRUIT GRAZE (3-6PM)	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh, seasonal fruit to be grazed on between 3 - 6pm

Half avocado & ham

WEEK 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
B'FAST	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Avocado and mushrooms	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Chia pot with almond milk, yogurt and prunes	2 kippers or haddock or mackerel	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Mushroom Omelette
LUNCH	Large portion of 'Mushroom Salad' with fennel + edamame beans	A large serving of 'Courgette, Pea & Pesto Soup' + large garden salad + lentils	Large serving of 'Classic Salad Niçoise' with green beans + edamame beans	A large serving of 'Scallops with Thai-Scented Pea-Puree' + vegetables + lentils	A large serving of 'Split Pea, Green Pea & Smoked Ham soup + butter beans	A large serving of 'Thai Beef Salad' + butter beans	A large portion of roast chicken & mixed vegetables + pulse with gravy
FRUIT GRAZE (3-6PM)	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm	5 - 6 portions of fresh fruit to be grazed on between 3 - 6pm

*ALL RECIPES IN THIS PACK ARE USUALLY TO SERVE 4, BUT AS THE RECIPES WILL NOT BE SERVED WITH SIDES THEY CAN, AT LUNCHTIME, BE FOR 2

ORIENTAL CHICKEN SALAD

*SERVES 2 AT LUNCH

INGREDIENTS

- 4 skinless, boneless chicken breasts
- 4 tablespoons clear honey
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoons sesame oil
- 1 garlic clove, crushed
- 2.5cm piece fresh ginger, peeled and grated
- 2 tablespoons sesame seeds, toasted
- Small bunch of fresh coriander, roughly chopped
- 1 large carrot, cut into fine matchsticks
- 1 bunch of spring onions, shredded
- ½ cucumber, peeled, halved, deseeded and cut into matchsticks
- ½ Chinese lettuce, finely shredded

METHOD

Cut the chicken into thin strips and mix with the honey, vinegar and soy sauce. Leave to marinate in a non-metallic bowl for about 30 minutes.

Heat the sesame oil in a frying pan and cook the chicken over a high heat with any marinade for about 5 minutes until the chicken is cooked through, leaving some cooked marinade in the pan to use as the salad dressing.

To serve warm, toss in a large bowl with the remaining ingredients and eat immediately. To serve cold, leave the cooked chicken and marinade to cool and then toss with the remaining ingredients.

LENTIL, ROAST PUMPKIN & ROCKET SALAD

*SERVES 2 AT LUNCH



INGREDIENTS

- 100g green lentils or brown lentils, rinsed well
- 1 onion, peeled and halved
- 2 cloves garlic, peeled and halved
- 750g butternut pumpkin, seeds removed and cut into 3cm wedges
- Olive oil for spraying
- 80g baby rocket
- 200g feta, crumbled

Dressing

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

METHOD

Preheat oven to 200°C.

Place lentils, onion, garlic and ½ teaspoon of salt in a medium saucepan over high heat with 4 cups of cold water. Bring to the boil, reduce heat to medium and simmer for 15-20 minutes, when lentils are tender, drain.

Place pumpkin on a baking tray lined with baking paper, spray lightly with olive oil and season with salt and pepper. Bake for 40-45 minutes or until golden.

Meanwhile, in a small bowl whisk oil, lemon juice and mustard until combined and season to taste. In a large bowl toss the warm lentils, pumpkin, rocket and crumbled feta together gently.

Divide between plates and drizzle with the dressing.

CLASSIC SALAD NIÇOISE

*SERVES 2 AT LUNCH

INGREDIENTS

- 2 large, ripe tomatoes
- Sea salt and ground black pepper
- 1 clove garlic, peeled and halved
- 1 small cucumber, peeled, seeded and sliced
- 2 spring onions or 1 small red onion, peeled and thinly sliced
- 55g small black olives, preferably niçoise olives, pitted or unpitted
- ½ head of lettuce, torn or shredded
- 3 hard-boiled eggs
- 200g cooked green beans (cooked al dente)
- 6 tablespoons (90ml) extra-virgin olive oil or French vinaigrette
- 2 tablespoons chopped fresh basil or flat leaf parsley
- Freshly ground black pepper
- 180g tin of tuna

METHOD

Rub the clove of garlic all over the insides of a wooden salad bowl.

Cut the tomatoes into wedges and put them in a colander. Sprinkle them with salt and let them drain for a few minutes while you finish the salad.

Add the cucumber, onions, olives and lettuce to the bowl. Peel and cut the eggs into wedges. To make the hard-boiled eggs, begin with room temperature large eggs. Bring a small pot of water to a boil. Reduce the heat to a simmer and gently lower the eggs in. Let cook for 9 minutes. Remove the eggs from the water and plunk them into a bowl of ice water, cracking the shells a bit after a few minutes, which aids in peeling.

Mix the olive oil with the herbs and a bit of salt and pepper. Add the tomatoes to the bowl and toss most of the dressing with the salad, reserving a bit to drizzle over the eggs (if using tuna, toss that with the salad as well). Season with additional salt, if necessary.

Place the eggs on top of the salad and drape the anchovy strips over the eggs. Pour the remaining dressing over the eggs.

CRISPY PANCETTA, SPINACH & RICOTTA BAKE

*SERVES 2 AT LUNCH

INGREDIENTS

- 200G diced pancetta
- 250g frozen chopped spinach, thawed and drained
- 2 cups fresh ricotta
- ¼ cup chopped mint leaves
- ¼ cup chopped flat leaf parsley leaves
- 4 eggs
- Seasoning

METHOD

Preheat the oven to 180°C.

Line the base of an oven proof dish with ½ the pancetta. Place the spinach, ricotta, mint, parsley, eggs and seasonings in a bowl and mix to combine.

Spoon the mixture into the pancetta lined dish. Cover with the remaining pancetta and bake in the oven for around 35 minutes until the filling is set and the pancetta is crispy. Serve warm.

SALMON WITH SPRING ONIONS & SOY SAUCE

*SERVES 2 AT LUNCH

INGREDIENTS

- 1 bunch white spring onions
- 4 fresh salmon fillets
- 2 fresh spicy chilli peppers
- 30ml extra-virgin olive oil
- 30g soy sauce

METHOD

Clean the spring onions, eliminate the hard core and cut the onions lengthways. Remove the seeds from the chilli peppers and cut the latter into rings.

Heat a non-stick pan and add the salmon fillets, then the spring onions, the chilli pepper, the oil and the soy sauce.

Cook on a medium flame for 3 minutes, remove and serve.



SALMON FILLET WITH TIGER PRAWNS

*SERVES 2 AT LUNCH

INGREDIENTS

- 4x 150g middle-cut salmon fillets, skinned
- Sea salt and black pepper
- A sprinkling of paprika
- Fresh parsley, to garnish

Topping

- 150g Boursin cheese
- 1 egg yolk
- 1 tablespoon lemon juice
- 2 tablespoons fresh parsley, chopped
- 12 cooked tiger prawns, shelled

METHOD

Preheat your oven to 200°C/Gas Mark 6.

For the topping, mix together the Boursin, egg yolk, lemon juice and parsley until smooth. Season to taste. Stir in the prawns so that they are completely coated.

Arrange the salmon fillets on your baking tray. Season with salt and pepper. Spoon over the topping evenly, making sure that each fillet receives 3 prawns. Sprinkle with paprika.

Pop into the oven and cook for 15 minutes, until the salmon is cooked through.

Garnish with parsley and serve immediately.

STUFFED MARROW BAKE

*SERVES 2 AT LUNCH

INGREDIENTS

- 1 tablespoon of olive oil
- 1 onion chopped
- 1 garlic clove, crushed
- 1 tablespoon dried mixed herbs
- 500g pack turkey/quorn mince
- 2x 400g cans chopped tomatoes
- 1 marrow cut into 4cm thick slices
- 3 tablespoons grated parmesan

METHOD

Preheat the oven to 200°C/Gas Mark 6.

Heat the oil in a large frying pan and cook the onion, garlic and 2 teaspoons of the herbs for 3 minutes until starting to soften. Add the turkey or quorn mince and brown all over, then tip in the tomatoes and cook for 5 minutes more.

Scoop out the middle of the marrow and discard or use for another recipe. Arrange the slices in a baking dish. Spoon the mince into the middle of each marrow slice, then spoon the rest over the top. Cover with foil and bake for 30 minutes.

Meanwhile, mix remaining herbs with the parmesan. Remove the marrow from the oven, uncover and sprinkle over the cheese mix. Return to the oven for 10 minutes more until top is golden and marrow is tender.

SMOKED TOFU & PEANUT STIR-FRY

*SERVES 2 AT LUNCH

INGREDIENTS

- 1 teaspoon sesame oil
- 1 garlic clove, crushed
- A little fresh ginger, peeled and finely chopped
- 125g smoked tofu, diced
- ½ red pepper, cored, deseeded and sliced
- 2 spring onions, sliced
- ¼ cup soya beans
- 1 cup mangetout, sliced diagonally
- 1 cup beansprouts
- 1 tablespoon reduced-salt soy sauce
- 1 teaspoon peanuts, toasted

METHOD

Heat the sesame oil in a wok over a high heat and fry the garlic, ginger, tofu, red pepper, spring onions, soya beans, mangetout and beansprouts for 2 minutes.

Add the soy sauce, then sprinkle with the toasted peanuts and serve immediately.



SPLIT PEA AND SMOKED HAM SOUP

*SERVES 2 AT LUNCH

INGREDIENTS

- 1kg gammon or ham hock
- 200g split peas, soaked overnight
- 2 onions, roughly chopped
- 2 carrots, roughly chopped
- 2 bay leaves
- 1 stick celery, roughly chopped
- 300g frozen peas

METHOD

Put the gammon in a very large pan with 2 litres of water and bring to the boil. Remove from the heat and drain off the water – this helps to get rid of some of the saltiness. Re-cover with 2 litres cold water and bring to the boil again. Put everything but the frozen peas into the pan and bring to the boil. Reduce to a simmer and cook for 1½ - 2½ hours, topping up the water as and when you need to, to a similar level it started at. As the ham cooks and softens, you can halve it if you want, so it is all submerged under the liquid. When the ham is tender enough to pull into shreds, it is ready.

Lift out the ham, peel off and discard the skin. While it is still hot (wear a clean pair of rubber gloves), shred the meat. Remove bay leaves from the soup and stir in the frozen peas. Simmer for 1 minute, then blend until smooth. Add a splash of water if too thick and return to the pan to heat through if it has cooled, or if you are making ahead.

When you are ready to serve, mix the hot soup with most of the ham – gently reheat if made ahead.

Serve in bowls with the remaining ham scattered on top.

THAI BEEF SALAD

*SERVES 2 AT LUNCH

INGREDIENTS

- 300g rump steak, trimmed of fat
- 2 teaspoons ground nut oil
- Juice 1 lime
- 1 red chili, deseeded and sliced
- 1 tablespoon light brown soft sugar
- 85g bag baby leaf salad
- 140g beansprouts
- 140g red grapes, halved

METHOD

Rub the steak with 1 teaspoon oil and season. Fry in a hot pan for 2-2½ minutes each side (depending on thickness), for medium rare. Transfer to a plate, cover loosely with foil and rest for 5 minutes.

Make the dressing by mixing the lime juice, chili, sugar and remaining oil in a bowl. Set aside until the sugar dissolves.

Divide the salad leaves, beansprouts and grapes between 2 serving bowls. Thinly slice the steak and add the juices to the dressing. Drizzle this over the salads, toss with the sliced beef and serve immediately.

SCALLOPS WITH THAI-SCENTED PEA PUREE

*SERVES 2 AT LUNCH

INGREDIENTS

- 500g frozen petits pois
- 1 tablespoon green Thai curry paste
- 75g crème fraîche
- Sea salt and ground black pepper
- 2 teaspoons ground nut oil (or other flavourless oil)
- 6 large scallops (preferably diver caught) or 10-12 small ones
- Juice of 1 lime
- 2 tablespoons chopped fresh coriander (or Thai basil)

METHOD

Cook the peas in boiling, slightly salted water until tender, then drain and tip into a blender, adding 1 tablespoon curry paste and the crème fraîche. Season to taste with salt and pepper and perhaps add more curry paste, depending how strong it is.

Heat the oil and butter in a frying pan until foamy, then fry the scallops for about 2 minutes a side. If you are using big scallops then it is sometimes easier to cut them in half across. When they are cooked, they will have lost their raw look in the middle and be lusciously tender, while golden and almost caramelized on the outside.

Life the scallops onto 2 warmed plates and then deglaze the hot pan by squeezing in the lime juice. Stir to mix well and pick up every scrap of flavour, then pour this over the scallops on each plate.

Dish up the pea puree alongside the scallops and sprinkle with the chopped coriander or Thai basil. Serve with another wedge of lime if you feel like it.

LEEK & GOATS CHEESE FRITTATA

*SERVES 2 AT LUNCH

INGREDIENTS

- 3 tablespoons of unsalted butter
- 2 tablespoons olive oil
- 3 large leeks (white and light-green parts only), halved lengthwise, sliced on the diagonal ½ inch thick and rinsed
- Sea salt and ground black pepper
- 6 large eggs
- 1 teaspoon chopped fresh thyme
- 85g goats cheese, crumbled

METHOD

Position a rack in the centre of the oven and heat the oven to 180°C.

Heat 2 tablespoons of the butter and 1 tablespoon of the olive oil in a 10-inch, ovenproof non-stick skillet over medium-high heat. When the butter has melted, add the leeks and a generous pinch of salt and cook, stirring, until the leeks are tender and lightly browned, about 6 minutes. Transfer to a plate, spread in an even layer and let cool briefly.

In a large bowl, whisk the eggs with a pinch of salt and several grinds of pepper. Add the leeks, thyme and goats cheese and gently stir to combine.

Wipe the skillet clean and heat the remaining butter and olive oil over medium-low heat. When the butter has melted, add the egg mixture and gently shake the pan to evenly distribute the leeks and cheese. Cook until the eggs begin to set around the edges, about 5 minutes. Gently shake the pan to be sure the frittata isn't sticking (if necessary, slide a spatula around the perimeter to release it).

Transfer the pan to the oven and continue to cook until the frittata is set in the centre, about 5 minutes. Remove from the oven and let sit for about 2 minutes.

Carefully slide the frittata onto a serving plate, cut into wedges, and serve warm or at room temperature with a simple garden lettuce salad and thinly sliced prosciutto or serrano ham on the side.

BUTTER BEAN & MUSHROOM CASSEROLE

*SERVES 2 AT LUNCH

INGREDIENTS

- 2 medium onions
- 2 carrots
- 2 garlic cloves, peeled and thinly sliced
- 240g chestnut mushrooms
- 2x 400g cans tomatoes
- 2x 400g cans butter beans
- 4 tablespoons grated parmesan, to serve

METHOD

Peel the onions, cut them in half, then into thick segments. Warm a little olive oil in a deep pan, add the onions then cook over a moderate heat until pale gold and starting to soften. Scrub the carrots, roughly chop, then add to the onions with the garlic.

As the vegetable soften, slice the mushrooms and stir them into the vegetables. Once they soften and colour, tip in the tomatoes, the rinsed beans and 2 cans of water. Season with salt and black pepper then bring to the boil. Lower the heat and simmer the beans for 30 minutes, until the mixture is thick and luscious. Set to one side and transfer to an ovenproof dish. Set the oven at 180°C/Gas Mark 4.

Bake for about 35 minutes. Scatter the cheese over the casserole and continue cooking for a further 30 minutes until golden.



PESTO-CRUSTED COD WITH PUY LENTILS

*SERVES 2 AT LUNCH

INGREDIENTS

- Large pack basil, leaves only
- 4 garlic cloves, 2 whole, 2 crushed
- 25g pine nuts
- 1 lemon
- 50ml olive oil
- 2 cod fillets
- 2 red chillies, finely chopped
- 2 large tomatoes, roughly chopped
- 250g ready-to-eat Puy lentils

METHOD

First, make the pesto. In a food processor, pulse the basil, whole garlic cloves, pine nuts, the juice of half the lemon and some seasoning, gradually adding most of the oil. Taste and adjust the seasoning.

Heat oven to 180°C/Gas Mark 4 and line a roasting tin with foil. Season the cod on both sides and coat each fillet in the pesto.

Cook for 8-10 minutes until a crust has formed and the cod is cooked through.

Meanwhile, heat the remaining oil in a small saucepan. Add the crushed garlic and the chillies and cook for a couple of minutes to release the flavour. Add the tomatoes and cook for 1 minute more. Tip in the lentils, squeeze over the other half of the lemon and then season.

Cook until piping hot to serve with the pesto cod.



CHILLI GARLIC PRAWNS

*SERVES 2 AT LUNCH

INGREDIENTS

- 100g butter, chopped
- 2 tablespoons olive oil
- 3 garlic cloves, thinly sliced
- 3 red cayenne chilies, thinly sliced
- 1kg medium green king prawns, peeled (tails intact) and deveined
- 1 medium tomato, deseeded and finely chopped
- 2 tablespoons chopped fresh flat leaf parsley leaves
- Lemon wedges, to serve

METHOD

Melt butter and oil in a large, deep frying pan over medium-high heat. Add garlic and chili. Cook, stirring, for 1 minute or until fragrant. Add prawns and cook, stirring occasionally for 2 to 3 minutes or until prawns are pink.

Stir in tomato and parsley. Serve with lemon wedges.



COURGETTE, PEA & PESTO SOUP

*SERVES 2 AT LUNCH

INGREDIENTS

- 1 tablespoon olive oil
- 1 garlic clove, sliced
- 500g courgettes, quartered lengthways and chopped
- 200g frozen peas
- 400g can cannellini beans, drained and rinsed
- 1L hot vegetable stock
- 2 tablespoons basil pesto, or vegetarian alternative

METHOD

Heat the oil in a large saucepan. Cook the garlic for a few seconds, then add the courgettes and cook for 3 minutes until they start to soften.

Stir in the peas and cannellini beans, pour on the hot stock and cook for a further 3 minutes.

Stir the pesto through the soup with some seasoning, then ladle into bowls. Or pop in a flask to take to work.

SALMON, ASPARAGUS & PEA SALAD

*SERVES 2 AT LUNCH

INGREDIENTS

- 750g fillet of salmon or 1 side of a small salmon, skin on and pin-boned
- 2 tablespoons white wine
- A small handful of pea shoots
- Salt and freshly ground black pepper

For the Dressing

- 1 shallot, finely chopped
- 1 tablespoon extra virgin olive oil
- 100g watercress
- 200ml crème fraiche

For the Salad

- 12 asparagus spears, woody ends removed
- 300g fresh peas
- A small handful of dill, stems removed
- A small handful of mint leaves, roughly torn
- A small handful of tarragon leaves, stems removed
- A handful of watercress
- ½ English cucumber, peeled and thinly sliced
- Juice of ½ lemon
- 2 tablespoons extra virgin olive oil

METHOD

Preheat the oven to 180°C/gas mark 4.

Put the salmon on a large piece of baking parchment, spoon over the wine, season and secure the edges of the parchment to form a parcel, then cook for 20-25 minutes or until just cooked through. Remove from the oven and leave to cool while you prepare the remaining ingredients. When cool enough to touch, remove the skin and flake the fish into large pieces.

Boil or steam the peas and asparagus – about 10 minutes for the peas and 5-8 minutes for the asparagus. Plunge the vegetables into cold water to cool quickly and keep their colour.

Meanwhile, prepare the dressing by frying the shallot in the oil with salt and pepper in a small pan over a gentle heat until softened, but make sure it does not take on any colour. Remove from the heat and leave to cool. Pour this into a food processor, add the watercress and whizz. Add the crème fraiche and pulse until well blended. Season to taste.

Put all the salad vegetables and herbs in a large bowl, toss in the lemon juice and olive oil and arrange around the edge of a platter. Lay the salmon on top, in the centre, and splash on the crème fraiche dressing or serve on the side. Scatter the pea shoots on top of the salmon.

MUSHROOM SALAD

*SERVES 2 AT LUNCH

INGREDIENTS

- 2 tablespoons for brushing
- 4 large portobello mushrooms (about 300g total weight)
- A large handful of red salad leaves, such as mustard, beetroot or radicchio
- 1 celery stick finely sliced on the diagonal
- A handful of celery leaves, torn
- Salt and freshly ground black pepper

For the Red Wine Dressing

- 200ml good-quality red wine
- 5 tablespoons extra virgin olive oil
- 2 teaspoons lemon juice
- 2 teaspoons raw mild honey or maple syrup (for a vegan option)

METHOD

Heat the grill to high.

Remove any woody parts from the end of the mushroom stems. Turn the mushrooms with the stems facing down and brush with half the oil. Grill them on a rack for 10 minutes or until softened and wrinkled around the edges. Surplus water will ooze out of them so do have a tray underneath to catch the drops. Turn them stem upwards, brush with the remaining oil and season and grill again until lightly crisp around the outer edge and cooked through. Remove from the grill and keep warm.

To make the dressing, put the wine in a small pan, bring to the boil and reduce to one-third of the original volume, about 60ml. Remove from the heat and pour into a jug with the remaining ingredients and whisk vigorously to combine. Season to taste and set aside to cool.

Mix the salad leaves, celery and celery leaves with a little dressing.

Put the mushrooms onto a plate and splash a little of the dressing over the top. Pile the salad next to them and serve with any extra dressing on the side.