



*Gran*  
**LUCHITO**  
♦ MEXICAN ♦

**Real Mexican Made by You**

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A COLLECTION OF AUTHENTIC  
MEXICAN RECIPES

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Gran Luchito was started back in 2012 when finding decent Mexican food in London was still harder than finding water in the Mexican desert! Inspired by the signature flavour of cooking in the Oaxacan region - the deep, rich flavour of smoked chillies - we set out to deliver the authentic taste of Mexico to kitchens around the world.

We invite you to experience the difference in our all-natural, additive-free and flavourful products made using traditional recipes and cooking ingredients. Our range of cooking ingredients, chips and salsas and condiments can now be found in supermarkets and fine food shops around the world.

*Happy cooking!*

*Gran Luchito*



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# Poached Egg on Toast with Smashed Avocado

Adding chipotle to mayo is up there with the wheel for us in terms of ideas. Spreading this creamy, smoky delight onto a slice of sourdough toast, topped with chunky smashed avocado and a poached egg is an excellent way to wake up in the morning. You could either make homemade chipotle mayo, find our version in-store, or simply stir our paste through your own.

*Serves 2*  
*15 minutes*

2-4 eggs

1 ripe avocado

2-4 slices of sourdough bread

2 tbsp Smoked Chipotle Chilli Mayo

1 tbsp chopped flatleaf parsley leaves

- 1 Poach the eggs.
- 2 While the eggs are poaching, remove the flesh from the avocado and mash with the back of a fork, leaving some lumps for texture.
- 3 Toast the sourdough slices and spread with a generous layer of smoked chipotle chilli mayo. Pile on the mashed avocado, top with the poached eggs and sprinkle with parsley to serve.





# Breakfast Burrito

A good breakfast burrito is a beautiful thing! All your favourite breakfast ingredients rolled up in a soft, warm tortilla and working together to create something bigger and better than the sum of its parts. This is our favourite combo but feel free to experiment.

*Serves 2*  
*20 minutes*

olive oil  
3 spring onions, sliced  
100g (3½oz) cooking chorizo,  
casing removed and roughly chopped  
4 eggs, lightly beaten  
25g (¾oz) butter  
2 flour tortillas  
2 tbsp Smoked Chipotle  
Chilli Ketchup  
Perfect Guacamole  
salt and freshly ground black pepper

- 1 Heat a little olive oil in a frying pan over a gentle heat. Add the spring onions and chorizo and cook for a few minutes until the chorizo is nicely crisp.
- 2 Put the eggs in a saucepan and add the butter. Heat gently, stirring continuously until the eggs are scrambled to your liking. Season with salt and pepper, then add the chorizo and stir gently to combine.
- 3 Meanwhile, warm the tortillas in a low oven until nicely pliable.
- 4 To assemble the burritos, spread each tortilla with a dollop of smoked chipotle chilli ketchup, followed by the scrambled egg, then top with a dollop of guacamole. Roll it up and serve.





# Huevos Rancheros

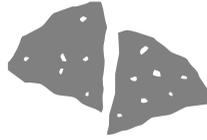
We absolutely love huevos rancheros for breakfast or brunch. The secret is to leave the eggs a little underdone while they are cooking on the hob, then finishing them off under the grill with plenty of grated cheese. Then you can enjoy the sight of the runny eggs mixing with the beautiful rich and spicy tomato sauce.

*Serves 4*  
*45 minutes*

olive oil  
1 onion, roughly chopped  
2 garlic cloves, finely chopped  
2 red peppers, roughly chopped  
2 tsp smoked chipotle chilli paste  
2 bay leaves  
1 handful of coriander, leaves and stalks roughly chopped separately  
2 ripe tomatoes, diced  
2 x 400g (14oz) cans of chopped tomatoes  
1 tsp sugar  
4 eggs  
50g (2oz) Cheddar cheese, grated  
salt and freshly ground black pepper  
tortillas or crusty bread, toasted, to serve

- 1 Heat a good lug of oil in a large pan (with a lid for later) on a low-medium heat. Add the onion, garlic, peppers, smoked chipotle chilli paste and bay leaves and season with salt and pepper. You can also add the chopped coriander stalks. Fry the vegetables for about 15 minutes until starting to soften.
- 2 Add the fresh and canned tomatoes, then stir in the sugar to balance the acidity of the tomatoes. Mix together and cook for another 10 minutes, or until it is reducing down to a nice, rich sauce. Taste and adjust the seasoning.
- 3 Use a food processor to blend about three-quarters of the sauce until completely smooth. Stir it back into the pan.
- 4 Preheat the grill.
- 5 Now, make four spaces in the sauce, evenly spaced out, with a wooden spoon. Crack each egg into its own space. Put the lid on and cook for about 4 minutes until the eggs are almost, but not completely, cooked. This is important. Take the pan off the heat while they're still undercooked.
- 6 Sprinkle with the cheese and flash under a hot grill for a few minutes to melt the cheese and finish off the eggs.
- 7 Sprinkle with the coriander leaves and serve with warm tortillas, or some nice crusty toasted bread.





# Breakfast Chilaquiles

Chilaquiles are a traditional Mexican recipe normally served at breakfast or brunch. A rich, spicy tomato sauce is poured over crisp tortillas and then topped with cheese and fried eggs. It makes a delicious and filling brunch with just enough of a spicy kick to get you going. Mexicans know what they're doing, don't they?!

*Serves 2*  
*45 minutes*

## FOR THE SAUCE

olive oil

1 tsp smoked chipotle  
chilli paste

1 onion, roughly chopped

3 garlic cloves, finely chopped

400g (14oz) can of chopped tomatoes

a handful of coriander, leaves and  
stalks roughly chopped separately

salt and freshly ground black pepper

## FOR THE CHILAQUILES

150g (5oz) pack of tortilla chips

100g (3½oz) feta or queso fresco,  
crumbled

100g (3½oz) Cheddar cheese, grated

4 eggs

4 radishes, cut into matchsticks

2 limes, cut into wedges

- 1 To make the sauce, heat the oil in a frying pan over a medium heat. Add the smoked chipotle chilli paste, onion and garlic and cook for 20 minutes until softened.
- 2 Tip into a blender and add the tomatoes and coriander stalks, reserving the leaves to garnish. Blitz until smooth.
- 3 Heat another slug of olive oil in a large frying pan over a medium heat until quite hot. Pour in the tomato paste and bring to the boil (be careful as it will splutter). Season to taste with salt and pepper. Preheat the grill.
- 4 Place about half the tortilla chips in a large flameproof dish. Spoon about half the sauce over them and gently move them around until they're nicely covered. Sprinkle with half the feta and Cheddar, as well as half the reserved coriander leaves. Cover with the remaining tortilla chips and the sauce, making sure all the chips are covered. Sprinkle with the remaining cheese.
- 5 Place under the grill for about 5–6 minutes, or until the cheese is golden and crisp.
- 6 Meanwhile, fry the eggs in a little oil (or poach them for a healthier alternative), keeping the yolks nice and runny as this will really add something to the dish. Remove from the grill, top with the fried eggs and sprinkle with the coriander leaves and radishes. Serve with wedges of lime for people to squeeze as they please.





# Chicken Enchiladas

Tender chicken thighs in a rich and smoky tomato sauce wrapped in soft tortillas and baked with oodles of gooey cheese – this is a great dish for entertaining as you do all the preparation in advance. We like to use a good strong Cheddar with plenty of depth of flavour. For an extra crisp top, flash the cooked dish under a hot grill for a few minutes.

*Serves 4*

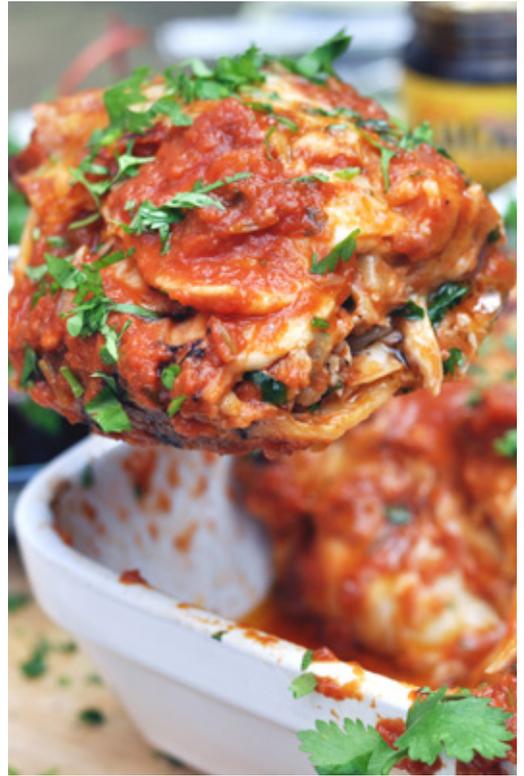
*2 hours 30 minutes*

1kg (2lb 4oz) chicken thighs  
juice of 1 lime  
olive oil  
2 onions, roughly chopped  
1 garlic clove, finely chopped  
a handful of coriander, leaves and stalks roughly chopped separately  
2 tsp smoked chipotle chilli paste  
2 x 400g (14oz) cans of chopped tomatoes  
a splash of water  
6 wheat flour tortillas  
350g (12oz) strong Cheddar cheese, grated  
salt and freshly ground black pepper

- 1 Preheat the oven to 140°C (275°F, Gas 1). Put the chicken into a roasting pan and squeeze the lime over the top. Add a generous slug of olive oil, then season with salt and pepper. Mix well, then cover with foil. Roast for 1½ hours, or until the meat is falling off the bones and you can shred it with two forks.
- 2 Meanwhile, heat a little olive oil in a frying pan, add the onion, garlic, coriander stalks and smoked chipotle chilli paste, and season with salt and pepper. Fry for about 5 minutes until the onions have softened.
- 3 Add the chopped tomatoes and a splash of water so it is not too thick and cook for about 45 minutes or until nicely thickened, stirring occasionally. Taste and adjust the seasoning, then blend to a smooth consistency.
- 4 Discard the chicken bones and put the meat and crispy skin in an ovenproof dish. Stir in a few coriander leaves. Turn the oven up to 180°C (350°F, Gas 4).
- 5 Spread a spoonful of the sauce around each tortilla, keeping about half back for the top. Top with shredded chicken, followed by a handful of cheese. Roll each one up and assemble in an oiled oven dish.
- 6 Pour the remaining sauce on top, finish with the remaining cheese and bake for 20 minutes until golden. Serve sprinkled with the remaining coriander leaves.

### ***Chef's tip***

*Try serving this with lightly dressed salad leaves and sliced ripe tomato.*





# Super-Easy Chilli con Carne with Minced Beef

Chilli con carne was where it all began for our recipe blog. If there's one dish that our chipotle paste lends itself perfectly to, it's got to be this Tex-Mex classic. You could simply add a couple of dollops to your own recipe to add a deliciously deep smoky flavour. Alternatively, here's our version for you to try – plus there's plenty more ways to serve it on the following pages.

*Serves 4*

*1 hour 30 minutes*

1 tsp black peppercorns  
½ cinnamon stick  
1 tsp coriander seeds  
2 tsp cumin seeds  
olive oil  
500g (1lb 2oz) minced beef  
1 onion, chopped  
3 garlic cloves, chopped  
1 celery stick, chopped  
1 red pepper, chopped  
1 tsp dried oregano  
3 tsp smoked chipotle chilli paste  
1 tbsp tomato purée  
a bunch of coriander, leaves and stems chopped separately  
2 x 400g (14oz) cans of chopped tomatoes  
200ml (7fl oz) beef stock  
200g (7oz) canned kidney beans  
a dollop of crème fraîche  
salt and ground black pepper  
Perfect Boiled Rice

- 1 Toast the peppercorns, cinnamon, coriander and cumin seeds in a dry pan over a medium heat for 4–5 minutes, moving them around now and again. They should begin to release their aroma but take care not to burn them. Grind to a fine powder in a pestle and mortar or food processor or spice grinder.
- 2 Reheat the same pan with a little olive oil, add the minced beef and fry, stirring, for 10 minutes or so until brown. Don't be afraid to give it some real colour as that will only make the final dish tastier.
- 3 Reduce the heat, add the onion, garlic, celery, red pepper, oregano and smoked chipotle chilli paste. Cook for about 10 minutes.
- 4 Add the tomato purée, ground spices, salt and chopped coriander stalks. Stir well, turn the heat up to high and cook for another 5 minutes.
- 5 Stir in the tomatoes and stock. Cover and cook for at least 1 hour with a slight gap in the lid to allow some of the liquid to evaporate. If necessary, remove the lid for the final 10 minutes if the mixture is too thin.
- 6 Add the drained kidney beans and stir. Cook for another 10 minutes, then season to taste with salt and pepper.
- 7 Sprinkle with coriander leaves and serve with rice.



# Leftover Chilli con Carne?

In the unlikely event that you find yourself in this enviable position, there are a number of great ways to use up your chilli. We've tried to include something for every occasion here, from healthy stuffed peppers to not-so-healthy chilli cheese fries! Full recipes for all of the following variations can be found on our website (<https://gran.luchito.com/recipes>).



*Chilli-topped pizza*



*Chilli dogs with melted cheese*



*Chilli-filled empanadas*



*Crispy tortilla-crust chilli balls*



*Chilli cheese fries*



*Chilli bunny chow*



*Chilli-stuffed baked red peppers*



*Champion's chilli breakfast with guacamole & fried eggs*



# Baja Fish Tacos

A popular and delicious combination – this is a must-try. Chunks of tasty fish in a crisp, chipotle and beer batter are wrapped up in soft corn tortillas topped with crunchy vegetables and a fresh lime and chilli mayo. You can use any white fish for the recipe so buy whatever is freshest when you visit the fish counter.

*Serves 4*  
*45 minutes*

## FOR THE FISH

500ml (17fl oz) vegetable oil  
200g (7oz) plain flour,  
plus extra for dusting  
200ml (7fl oz) dark beer  
2 tsp smoked chipotle chilli paste  
2½ tsp baking powder  
500g (1lb 2oz) white fish, boned and  
thinly sliced  
salt and freshly ground black pepper  
1 ear of sweetcorn  
olive oil  
¼ white and ¼ red cabbage, shredded  
1 spring onion, chopped  
3 radishes, thinly sliced  
a small bunch of coriander leaves,  
chopped  
2 limes  
2 tbsp Smoked Chipotle Chilli Mayo  
8 corn tortillas

- 1 Heat the oil in a heavy-based pan over a medium heat to 190°C (375°F), when a small piece of fish dropped into the oil bubbles on contact (or use a deep-fryer).
- 2 In a second bowl, mix together the flour, beer, smoked chipotle chilli paste and baking powder to a thick batter.
- 3 Place 2 or 3 tablespoons of flour into a third bowl. Season the fish with salt and pepper, then dust each piece in the flour and set aside.
- 4 Dip each piece of fish in the batter, then lower into the hot oil. Do this in batches so as not to overfill the saucepan. Fry for 2–3 minutes until golden all over, then lift out with a slotted spoon and drain on kitchen paper while you fry the rest.
- 5 Rub the corn with a little olive oil, salt and pepper. Place in a hot griddle pan and cook for about 6 minutes until beginning to char all over.
- 6 Scrape off the kernels into a large bowl. Add the cabbage, spring onion and radishes, the juice of ½ lime and a little pinch of salt and pepper. Mix well.
- 7 Whisk together the smoked chipotle chilli mayo and the juice of ½ lime. Warm the tortillas and double stack them when serving. Pile up with vegetable mix, top with a few pieces of fried fish, then drizzle over some of the mayo.





# Smoky Pulled Pork

We wondered whether using our smoked chipotle chilli paste could bring us close to the beautiful smoky flavour of pulled pork cooked in a fancy smoker. We rubbed the pork with a combination of dark brown sugar, salt and smoked chipotle chilli paste and were very happy with the results. It is a slow process, but if you put the effort in, you'll reap some unbelievably tasty benefits later.

*Serves 6*

*6 hours 30 minutes*

## FOR THE PULLED PORK

2.5kg (5lb) pork shoulder (bone-in)

olive oil

1 tbsp salt

1 tbsp freshly ground black pepper

2 tsp smoked chipotle chilli paste

2 tsp dried oregano

2 tbsp brown sugar

- 1 Preheat the oven to 200°C (400°F, Gas 6). Remove the skin from the pork shoulder with a sharp knife (this can be used to make crackling/scratchings) leaving a layer of fat to protect the meat whilst cooking.
- 2 Pat the pork shoulder dry with a piece of kitchen paper and rub a little olive oil all over it. Place it in a large roasting pan and roast in the oven for 20 minutes, fat-side up. At this point, the outside should have taken on some nice colour and crispy texture.
- 3 Meanwhile, mix together the salt, pepper, smoked chipotle chilli paste, oregano and sugar to form a paste.
- 4 Remove meat from oven and turn down the temperature to 120°C (250°F, Gas 1/2). Allow the joint to cool enough to be able to handle it, then rub the paste all over the surface of the joint. Wrap well in foil, but not too tightly. You want to allow steam to build up but not escape.
- 5 Return the joint to the cooler oven and leave to cook for an initial 4 hours.
- 6 Carefully unwrap the meat and spoon over some of the liquid. Wrap again in foil, once again taking care not to leave any holes where steam can escape.
- 7 Return to the oven for another 2–3 hours before checking again. The final phase of cooking will depend on the size

### ***Chef's tip***

*It's a good idea to start this recipe the day before you want to eat it.*

TO SERVE

6 soft brioche rolls

Mexican Coleslaw

Barbecue Sauce

of the joint. It is cooked when you can easily pull the meat away with a fork. If it doesn't come away easily, return it to the oven and continue to cook.

- 8 Once you're happy with the meat, remove it from the oven. First remove the bone (if this requires effort, it's not done). Use two forks to pull the meat apart into stringy chunks. Once you've pulled the whole joint, mix it all up and leave the meat to absorb the juices. This will keep in the fridge until you want to serve it. At this stage, you can leave it as it is, or add a splash of barbecue sauce.
- 9 Toast the bread rolls, pile on the pulled pork and serve with the coleslaw and barbecue sauce.





# Smoky Chicken Fajitas

Tex-Mex is all about simple, delicious, spicy flavours and nothing encapsulates this wildly popular style more than chicken fajitas. Do them well and you'll be rewarded with succulent and juicy chicken, perfectly spiced, with bags of amazing flavour. We used yellow peppers but you could use red, orange or green.

*Serves 4*

*25 minutes (plus at least 1 hour marinating)*

juice of 1 lime  
olive oil  
1 tsp smoked chipotle chilli paste  
a handful of coriander leaves, roughly chopped  
dried oregano  
2 chicken breasts, sliced  
1 red onion, sliced  
2 peppers, sliced  
4 wheat flour tortillas  
salt and freshly ground black pepper  
1 lime, cut into wedges  
Perfect Guacamole to serve

- 1 In a large bowl, mix the lime juice, a slug of olive oil, smoked chipotle chilli paste, coriander, a sprinkle of dried oregano and a pinch of salt and pepper to make the marinade.
- 2 Add the chicken, cover and leave in the fridge overnight, if possible, or for at least an hour.
- 3 In another mixing bowl, add a slug of olive oil with a good pinch of salt and pepper, then toss the onion and peppers in it.
- 4 When you are ready to cook, heat a griddle pan until very hot. Add the vegetables and cook them for a few minutes until they char slightly on one side before flipping them over. Remove from the pan and keep them warm.
- 5 Make sure the griddle pan is reasonably clean before doing the same with the chicken. Watch carefully as it is easy to overcook the chicken.
- 6 Warm the tortillas in the warm griddle pan while you mix the chicken and vegetables, then garnish it with the lime wedges and serve with the guacamole.

## ***Chef's tip***

*To avoid overcooked chicken, remove it from the pan while slightly undercooked and allow to rest under a piece of kitchen foil. Check the colour inside before serving to make sure it is no longer pink.*





# Chicken Burrito

We've kept this pretty traditional. Chipotle, lime and garlic marinated chicken thigh is cooked until it shreds, then wrapped in soft flour tortillas along with fresh guacamole, tomato salsa and rice. The chicken can be marinated and cooked beforehand.

*Serves 4–6*

*2 hours 30 minutes (plus at least 2 hours marinating)*

1kg (2lb 4oz) chicken thighs  
juice of ½ lime  
2 tsp smoked chipotle chilli paste  
200g (7oz) cooking chorizo, casing removed and chopped  
1 tbsp olive oil  
1 red onion, finely chopped  
1 garlic clove, finely chopped  
a handful of coriander, leaves and stalks chopped separately  
a splash of red wine  
400g (14oz) can of chopped tomatoes  
salt and freshly ground black pepper

## TO SERVE

4 flour tortillas  
Perfect Guacamole  
Pico de Gallo Salsa  
Perfect Boiled Rice

- 1 Before anything else, get the chicken marinating so it can be left for as long as possible. Put the chicken in a freezer bag or airtight plastic box and add the lime juice, smoked chipotle chilli paste, chorizo, olive oil, red onion, garlic and coriander stalks and a splash of red wine. Give it a good massage, then seal and leave in the fridge to marinate for at least 2 hours, preferably overnight.
- 2 While the chicken is marinating, get cracking on the other elements of the burrito (guacamole, salsa and rice).
- 3 Once the chicken is marinated sufficiently, put it in a large saucepan and add the tomatoes. Stir well. Pop a lid on and cook on a very low heat for a couple of hours until the chicken is falling apart.
- 4 Transfer the meat to a bowl, using a slotted spoon. Return the sauce to a high heat and boil for about 15 minutes to reduce and thicken it. Season to taste.
- 5 Meanwhile, shred the chicken with a couple of forks, discarding the bones. The skin is delicious crisped up on a hot griddle pan, then chopped to add extra texture to the burrito. Stir the chicken into the sauce and leave for as long as possible before serving.
- 6 Warm the tortillas in a pan. You can put all the elements in a wrap or just wrap the meat and serve the guacamole, pico de gallo and rice as sides.





# Pulled Pork Quesadillas

Snacking doesn't get much better than this. Crisp tortillas stuffed full of smoky pulled pork, caramelised red onion, toasted sweetcorn and oodles of melted stringy cheese, all served with the fresh flavours of guacamole.

*Serves 2*

*25 minutes (using leftover pulled pork)*

1 tsp olive oil  
1 red onion, sliced  
1 tsp muscovado sugar  
½ tsp dried oregano  
1 ear of sweetcorn,  
kernels removed

150g (5oz) leftover Smoky Pulled Pork  
(see page 21)

a handful of coriander leaves, roughly  
chopped

4 flour tortillas

150g (5oz) fresh mozzarella cheese,  
finely diced

salt and freshly ground black pepper

Perfect Guacamole

- 1 Preheat the oven to 180°C (350°F, Gas 4).
- 2 Gently heat the olive oil in a frying pan over a low heat. Add the red onion and cook for 5 minutes.
- 3 Add the muscovado sugar, dried oregano and sweetcorn and season with salt and pepper. Cook for another 10 minutes until the onions have begun to caramelize.
- 4 Add the pulled pork for another 5 minutes to heat through.
- 5 Remove from the heat and stir through a handful of coriander.
- 6 Meanwhile, put 2 tortillas on a baking sheet and sprinkle with a quarter of the cheese. Top with the pulled pork and the remaining cheese. Add a second tortilla on top. Cook for about 15 minutes in the oven until the cheese is nicely melted and the tortillas are golden.
- 7 Carefully spoon in plenty of fresh guacamole and replace the top tortilla.



# Leftover Pulled Pork?

If you're lucky enough to find yourself with an abundance of pulled pork, there's plenty of things you can do with it. Full recipes for all of the following variations can be found on our website (<https://gran.luchito.com/recipes>).



*Tacos topped with pulled pork, sour cream & pickled onion*



*Mini-peppers stuffed with pulled pork & cream cheese*



*Creamy polenta topped with pulled pork*



*Cheesy pulled pork nachos*



*Pulled pork bánh mì with chicken liver pâté, crunchy vegetables & fresh herbs*



*Pulled pork & king prawn fried rice*



*Cuban sandwich with pulled pork, Swiss cheese & pickles*



# One-Pot Chipotle Chicken Stew

Throw everything in a pot and let this chicken stew cook slow 'n' low until the meat falls apart and the big Mexican flavours blend together to make something really special. It looks and tastes fabulous but it's as easy as anything you'll ever cook!

*Serves 4–6*  
*4 hours*

800g (1lb 12 oz) chicken thighs and legs  
200g (7oz) can of sweetcorn, drained  
1 tbsp tomato purée  
400g (14oz) can of chopped tomatoes  
2 tsp smoked chipotle chilli paste  
1 red onion, roughly chopped  
1 tbsp vegetable oil  
2 garlic cloves, roughly chopped or mashed  
400g (14oz) canned black beans, drained  
1 tsp sugar  
1 tsp dried oregano  
salt and freshly ground black pepper  
a handful of coriander leaves, roughly chopped  
1 lime, cut into wedges  
Perfect Boiled Rice

- 1 In a slow cooker or a large saucepan with a lid, add all the stew ingredients, except the lime and coriander, and mix well.
- 2 Put the lid on and cook on as low a heat as possible for about 3–4 hours, checking every hour or so, giving it a stir and topping up with boiling water, if necessary.
- 3 When the chicken pulls apart easily, remove from the heat and leave to stand somewhere warm while you cook the rice.
- 4 Sprinkle with the coriander and serve with wedges of lime.

### ***Chef's tip***

*You can use either bone-in or boned chicken. If using bone-in, you'll simply need to remove these at the end (the chicken will literally fall off so this will be easy). Using bone-in thighs has the advantage of extra flavour as you'll essentially be making a stock as you go).*





# Fish Stew with Monkfish, Prawns, Clams & Hake

A fish stew isn't something you have every week, so when you do have one it should be a really special treat. We used a flavoursome mix of fish and shellfish in ours, picking out what looked good and exciting on the day at the fishmongers. You should do the same – for fish or any other fresh produce – to get the best flavour! We used monkfish, clams, mussels, prawns, cod cheeks and hake.

*Serves 4*

*1 hour*

200g (7oz) new potatoes, washed and cut into chunks

olive oil

butter

1 red onion, diced

2 garlic cloves, minced

1 tbsp chopped thyme leaves

50g (2oz) cooking chorizo, casing removed and diced

2 tsp smoked chipotle chilli paste

1 fennel bulb, diced

1 tsp fennel seeds

2 tbsp dry sherry or white wine

400g (14oz) can of chopped tomatoes

1 tbsp tomato purée

200ml (7fl oz) fish stock or water

200g (7oz) can of sweetcorn, drained

800g (1lb 12oz) fresh fish and shellfish

chopped coriander leaves

crusty bread, to serve

- 1 Par-boil the new potatoes in salted water, then drain and leave aside.
- 2 Add a slug of olive oil and a knob of butter to a pan and fry the red onion and garlic with the thyme leaves, chorizo, smoked chipotle chilli paste, fennel and fennel seeds for 15 minutes until the onion has softened.
- 3 Add a slug of sherry or white wine and cook for a few minutes.
- 4 Add the canned tomatoes and the tomato purée and cook for 10 minutes.
- 5 Add the fish stock or water and potatoes. Bring to the boil, then turn the heat to low and simmer for 20 minutes, or until reduced and thickened.
- 6 Prepare the fish by removing the bones and cutting the flesh into large chunks. Discard any mussels that don't close when tapped and remove the beards. Shell and devein the prawns.
- 7 Add the seafood to the pan and leave on a low heat for about 5 minutes, or until you're happy that the fish is cooked through.
- 8 Scatter the corn over the stew with a sprinkle of coriander and some lemon wedges. Serve with crusty bread.





# Almost Pozole

This is loosely based on *pozole*, a traditional Latin American dish made using hominy, a type of maize. It's not very easy to get hold of in the UK, so we made our own version using chickpeas instead – different but equally tasty. Feel free to try it with either. Pozole is also often made with pork, but we went with beef to make what is essentially a really rich beef stew.

*Serves 4*

*3 hours 30 minutes*

## FOR THE POZOLE

1 tsp olive oil

700g (1lb 9oz) oxtail (feel free to use other cuts)

2 celery sticks, diced

1 onion, diced

3 carrots, diced

2 garlic cloves, diced

2 bay leaves

2 tsp smoked chipotle chilli paste

1 litre (35fl oz) water

400g (14oz) can of chickpeas, drained

salt and freshly ground black pepper

## FOR THE TOPPING

a handful of coriander leaves, roughly chopped

¼ cabbage, shredded

4 radishes, thinly sliced

1 lime, cut into wedges

- 1 Heat the olive oil in a large pan and brown the oxtail all over. Set aside.
- 2 In a large ovenproof pot with a lid, add a little olive oil, along with the celery, onion, carrots, garlic, bay leaves, smoked chipotle chilli paste and a pinch of salt and pepper. Stir and cook for about 15 minutes, or until the onion is softened.
- 3 Add the meat and water to the pan, bring to a simmer, cover with a lid and simmer for about 3 hours, or until the meat is falling off the bones.
- 4 Use a sieve to remove the vegetables and meat, retaining the liquid. Remove fat from the top of the liquid with a spoon and discard.
- 5 Pick meat from bones, breaking it into small chunks, and keep separate. Discard the bones.
- 6 Discard the bay leaves. Put the vegetables in a blender and blitz until smooth.
- 7 Return the blended vegetables and meat to the liquid, along with the chickpeas. Bring back to a simmer and keep warm until ready to serve.
- 8 Sprinkle with coriander, salt and pepper and serve with cabbage, radishes and wedges of lime to squeeze over the top.





# Mexican Shepherd's Pie

A Mexican shepherd is a pastor, so this is a pastor's pie really. We highly recommend you try this on a cold, rainy night. Real comfort food with a gentle warming smoked chilli kick. The simplicity of adding our chipotle paste to the mince really transforms the dish and takes the pie to another level.

*Serves 4*  
*2 hours*

## FOR THE TOPPING

1kg (2lb 4oz) Mexican Mashed Potatoes

25g (¾oz) butter

## FOR THE FILLING

500g (1lb 2oz) minced lamb

2 tsp smoked chipotle chilli paste

1 tsp plain flour

1 onion, chopped

2 carrots, chopped

2 celery sticks, chopped

2 garlic cloves, chopped

a handful of rosemary leaves, chopped

400g (14oz) can of chopped tomatoes

250ml (9fl oz) lamb or vegetable stock

salt and freshly ground black pepper

- 1 Fry the lamb mince on a high heat until nicely browned (this will add to the flavour). Remove any fat with a spoon or dab with kitchen paper.
- 2 Add the smoked chipotle chilli paste and plain flour. Stir well.
- 3 Stir in the onion, carrots, celery, garlic and rosemary. Reduce the heat and gently fry together for another 10 minutes.
- 4 Add the canned tomatoes, stock and seasoning. Bring to the boil and then simmer (with the lid slightly ajar) for an hour (or longer if possible), stirring occasionally to prevent it from catching at the bottom.
- 5 Preheat the oven to 200°C (400°F, Gas 6).
- 6 Transfer the lamb to an ovenproof dish and carefully top with the mashed potato, using a spatula. Add tiny knobs of butter all over the top of the potato.
- 7 Bake in the oven for 25 minutes or until golden on top (take care not to burn it). If you want the top crispy, pop it under a hot grill for a few minutes.





# Smoky Roast Chicken

A Mexican take on a classic dish, and it's all the better for it. We mixed our smoked chipotle chilli paste with butter and spread it all over a chicken. We then roasted it on a bed of lovely fresh vegetables and finished it with chunks of fresh lime and coriander leaves. Simply awesome!

*Serves 4*  
*2 hours*

100g (3½oz) butter, at room temperature  
3 tsp smoked chipotle chilli paste  
3 large potatoes, roughly chopped  
2 onions, roughly chopped  
6 garlic cloves, crushed but left unpeeled  
2 red peppers, roughly chopped  
2 tbsp olive oil  
2 tsp dried oregano  
salt and freshly ground black pepper  
1.6kg (3½lb) whole chicken  
2 limes, cut into chunks  
a bunch of coriander leaves, roughly chopped

- 1 Preheat the oven to 200°C (400°F, Gas 6).
- 2 Mix the butter with the smoked chipotle chilli paste.
- 3 Put the potatoes, onions, garlic and peppers into a large ovenproof dish and add the olive oil, dried oregano and a generous sprinkle of salt and pepper. Mix well.
- 4 Using your fingers, carefully open up the gap between the breasts and the skin to make 2 little pockets.
- 5 Put half the spicy butter into the pockets, rubbing the remaining butter all over the outside of the chicken. Season well with salt and pepper.
- 6 Place chicken on top of the vegetables. Put in the oven and reduce the heat to 200°C (400°F, Gas 6).
- 7 Cook for 1 hour 20 minutes by which point it should be golden brown (this will vary depending on the size of the chicken). Once cooked, transfer to a plate, cover in foil and leave to rest for 10 minutes.
- 8 Make sure vegetables are cooked through by testing a large piece of potato. Return to the oven if not ready.
- 9 When the vegetables are tender, scatter the limes amongst them, then sprinkle with plenty of coriander. Put the chicken on top of the vegetables and serve.

### ***Chef's tip***

*Baste the chicken as it cooks with the butter and occasionally mix up the vegetables surrounding it to ensure even cooking.*





# Chipotle Honey-Glazed Ham

Whether it's Christmas or not, a honey-glazed ham is always a winner. Slowly cooked then glazed in a chipotle chilli honey, this is a must-try. The key here is to make sure you baste the ham as it roasts so the honey has a chance to really get involved. You should be aiming to get it nice and crisp on the outside too.

*Serves 6*

*2 hours 30 minutes*

1½kg (3.3lb) uncooked gammon joint (boneless)

1 onion, quartered

2 bay leaves

6 peppercorns

1 tsp smoked chipotle chilli paste

2 tbsp honey, at room temperature

- 1 Put the gammon joint in a large saucepan and cover with water. Add the onion, bay leaves and peppercorns. Bring to the boil over a low heat, the cover and simmer for about 1½ hours.
- 2 Remove the gammon from the pan and leave to cool.
- 3 Preheat the oven to 200°C (400°F, Gas 6). Remove the skin from the ham with a sharp knife and throw away.
- 4 Criss-cross the fat layer with a sharp knife.
- 5 Roast for 20–25 minutes or until it is golden and crisp.
- 6 In a small bowl, mix the smoked chipotle chilli paste with the honey.
- 7 Brush the honey all over the ham, then cook for another 15 minutes, basting with the honey that melts off every now and again.
- 8 Leave to rest before carving.

### ***Chef's tip***

*If you're short on time, you could always buy a pre-cooked ham and begin from step 4.*





# Chilli Butter Prawns

This simple prawn recipe works well either as a starter or scaled up for a main course. We like it best served with some fresh crusty bread but you could try it with rice or whatever you fancy. Whether or not you peel the prawns before you cook them is completely up to you, but we like to keep them on and get messy!

*Serves 2*

*10 minutes (plus at least 30 minutes marinating)*

75g (3oz) butter, at room temperature

2 tbsp smoked chipotle chilli paste

2 tbsp olive oil

12 raw king prawns

½ lemon, cut into chunks

a handful of parsley leaves, roughly chopped

crusty bread, to serve

- 1 Mix together the butter, smoked chipotle chilli paste and olive oil.
- 2 Remove the shells from the prawns if you like – we prefer to leave them on.
- 3 Pour the spicy mixture over the prawns in a mixing bowl, squeeze in a couple of slices of lemon, mix and leave for at least 30 minutes.
- 4 Fry the chilli butter covered prawns until they turn completely pink. Don't overcook them or they'll go tough and chewy.
- 5 Sprinkle over some parsley and serve with crusty bread.





# Chicken & Chorizo Pie

The texture created by slightly scrunching up the filo sheets for the topping on this pie works really well, giving you extra lightness and crunch. Succulent chunks of chicken and chorizo with fresh vegetables and a touch of thyme and tarragon to complement the smoked chilli flavouring mean the filling is just as memorable. Give it a try.

*Serves 4*

*1 hour*

40g (1½oz) butter

olive oil

3 chicken thighs, boned and cut into chunks

2 small leeks, roughly chopped

1 large carrot, peeled and roughly chopped

2 garlic cloves, chopped

100g (3½oz) cooking chorizo, casing removed and chopped into chunks

1 tbsp chopped thyme leaves

1 tbsp tarragon, chopped

2 tsp smoked chipotle chilli paste

100ml (3½fl oz) white wine

450ml (16fl oz) Chicken Stock

200ml (7fl oz) cream

3 tbsp cornflour, mixed with 2 tbsp water

450g (1lb) pack of filo pastry

salt and freshly ground black pepper

- 1 Preheat the oven to 200°C (400°F, Gas 6).
- 2 Heat the butter and a slug of olive oil in a pan over a high heat.
- 3 Add the chicken and cook for a few minutes until it takes on a little colour.
- 4 Lower the heat to low and add the leeks, carrots, garlic, chorizo, thyme and tarragon along with the smoked chipotle chilli paste. Stir and cook for 10 minutes.
- 5 Add the white wine, stir and cook for a few minutes.
- 6 Add the stock, cream and cornflour paste. Stir continuously until it simmers and begins to thicken. This should take about 10–15 minutes.
- 7 Remove from the heat and spoon into an ovenproof dish.
- 8 Cut the filo pastry sheets to the approximate size of your dish. Add a layer at a time, with the meat in between, creating texture by scrunching up the filo and brushing each sheet with a little olive oil and a sprinkle of pepper before adding the next. You'll want about 10 layers in total. Finish with a brush of olive oil, pepper and a generous sprinkle of salt.
- 9 Bake in the oven for about 20 minutes until golden on top, taking care not to burn it.





# Steak Sandwich with Caramelised Onion

A good steak sandwich is a truly wonderful thing. Flavourful flat-iron steaks are great for this, but bavette, sirloin or fillet would also work well. Besides the getting the meat right, you'll want some tasty extras to make it truly memorable. We added watercress, caramelised red onion and a healthy dollop of chipotle chilli mayo.

*Serves 2*  
*35 minutes*

25g (¼oz) butter  
50g (2oz) brown sugar  
2 tsp olive oil, plus extra for cooking the steak  
1 red onion, sliced  
2 tbsp balsamic vinegar  
2 tbsp water  
2 flat-iron steaks (also known as Butlers' steak)  
1 ciabatta loaf, cut into sandwich portions  
a handful of watercress  
2 tbsp Smoked Chipotle Chilli Mayo  
salt and freshly ground black pepper

- 1 Put the butter, olive oil and sugar in a frying pan until melted and stir to combine. Add the onion and fry on a low-medium heat for 15 minutes, stirring occasionally, until soft.
- 2 Add the balsamic and water. Lower the heat to minimum and cook for another 15 minutes, or until the onions are completely soft and sticky. Take care not to burn them.
- 3 Cover the steaks in a little olive oil, salt and pepper. Add the steaks to a very hot barbecue or grill and cook for about 3 minutes on each side to give you medium/rare steaks.
- 4 Remove from the barbecue and leave to rest for about 5 minutes.
- 5 Toast the ciabatta slices on the barbecue or grill, being careful not to burn them.
- 6 Spread the smoked chipotle chilli mayo onto the ciabatta slices and top with watercress, followed by the onions.
- 7 Slice the steaks with a sharp knife and lay them on top of the onions. Top with ciabatta and enjoy!

## ***Chef's tip***

*As the steaks rest, they will release some liquid. Soak this up with the toasted ciabatta.*





# Queso Fundido

This is pretty sinful eating, but every now and again you've got to live a little. If you're a big fan of cheese you can try using different hard cheeses in the mix. This rich cheesy dish is perfect to dip into whilst watching a film, or works beautifully as a fairly rich little starter.

*Serves 2*  
*20 minutes*

olive oil

3 spring onions, roughly chopped

50g (2oz) cooking chorizo, casing removed and roughly chopped

1 tsp smoked chipotle chilli paste

a splash of lager, white wine or dry sherry

100g (3½oz) Cheddar cheese, grated

150g (5oz) Gruyère cheese, grated

a handful of coriander leaves, roughly chopped

TO SERVE

tortilla chips or soft corn tortillas

raw vegetables

Pico de Gallo Salsa

- 1 Heat a little olive oil in a frying pan over a medium heat, add the spring onions and cook for 5 minutes, taking care not to burn them.
- 2 Reserve a little of the chorizo, then add the rest to the pan and cook for a further 5 minutes.
- 3 Add the smoked chipotle chilli paste and stir well.
- 4 Transfer the mixture to a bowl. Return the pan to the heat, add the alcohol and bring to the boil, stirring for a minute or so to deglaze the pan by mixing in any bits of chorizo and onion that have stuck to the pan..
- 5 Gradually add the cheeses a small handful at a time, stirring until one handful has melted before adding the next. Leave over a low heat.
- 6 Fry the reserved chorizo for a few minutes until crisp.
- 7 Pour the salsa over the cheese mixture and sprinkle with the fried chorizo and coriander. Serve with tortilla chips, whole tortillas, raw vegetables or all of the above.





# Fully Loaded Nachos

There aren't many dishes more sociable than a big bowl of nachos. And if you're going to do it, you should do it properly. Make yourself a load of our tried-and-tested chilli con carne recipe, then follow the instructions below to create the best-tasting nachos you've ever made. Perfect for sharing.

*Serves 4*

*15 minutes (plus 1 hour 30 minutes to cook the chilli)*

Super-Easy Chilli con Carne with Mincéd Beef (see page 15)

Perfect Guacamole

Pico de Gallo Salsa

a packet of good-quality tortilla chips

a handful of grated Cheddar cheese

3–4 radishes, very thinly sliced

2 tbsp sour cream

1 tbsp chopped jalapeños

a handful of coriander leaves, roughly chopped

- 1 Once your chilli is ready, assemble the nachos by layering the chips, chilli and cheese at least a couple of times over, making sure the last layer is cheese.
- 2 Pop under the grill until starting to crisp up (don't burn them!).
- 3 Top with dollops of guacamole, pico de gallo and sour cream scattered with jalapeños, thinly sliced radishes and coriander.





# Twice-Cooked Chilli Chicken Wings

Here's a wonderful recipe for deep-fried chicken wings with a deliciously sticky, spicy, smoky sauce. In the Luchito test kitchen, we didn't stop eating these until they were all gone – they are seriously addictive. A sprinkle of sesame seeds gives this dish a lovely texture.

*Serves 4*  
*45 minutes*

5cm (2in) piece of root ginger, peeled and cut into chunks

5 garlic cloves, peeled but left whole

1 tbsp sesame oil

3 tbsp soy sauce

2 tsp smoked chipotle chilli paste

2 tbsp honey

2 tbsp rice wine vinegar (or use white wine vinegar)

1 tbsp light soft brown sugar

100g (3½oz) plain flour

3 tbsp cornflour

4 tbsp sesame seeds

1kg (2lb 4oz) chicken wings, tips removed; cut through joint

vegetable oil, for deep-frying

a small handful of chopped coriander leaves, chopped

- 1 Mash the ginger and garlic to a paste in a pestle and mortar.
- 2 Put the ginger paste in a saucepan with the sesame oil, soy sauce, smoked chipotle chilli paste, honey, vinegar and brown sugar. Cook over a medium heat for a few minutes until it becomes thick and sticky.
- 3 Put the flour, cornflour and 3 tablespoons of the sesame seeds in a bowl.
- 4 Dry the wings with kitchen paper and toss in the flour mix.
- 5 Heat the oil in a deep-fryer or large, heavy-based pan to 160°C (325°F), or when a piece of bread sizzles when dropped in.
- 6 In batches of 5 or 6, carefully lower the wings into the oil, moving them gently using a slotted spoon. Cook for about 6–7 minutes or until the wings start to turn brown.
- 7 Remove and allow to drain on a rack over kitchen paper.
- 8 Increase the temperature of your fryer to 180°C (350°F).
- 9 Again, working in batches, lower the wings into the oil for a second cook for a further 4–5 minutes. You will see them get crispier and turn a nice golden shade.
- 10 Drain on kitchen paper, then add to the warm sauce.
- 11 Toast remaining sesame seeds in a dry pan for a few minutes, then sprinkle over the wings with the coriander.





# Sticky Honey-Roasted Sausages

These sticky chilli sausages are so easy to make and taste great. Smoked chipotle chilli honey is the perfect glaze for all kinds of meat and fish, but roasted with sausages is a real winner. Sweet and spicy in the perfect measures, these make a tasty little picnic or party snack. We used chipolatas but it would work well with any type of sausage, just extend the cooking time as necessary.

*Serves 2*  
*15 minutes*

12 chipolatas  
1 tsp vegetable oil  
½ tsp smoked chipotle chilli paste  
1 tbsp honey, at room temperature  
salt and freshly ground black pepper

- 1 Preheat the oven to 180°C (350°F, Gas 4).
- 2 Put the sausages into a roasting pan and drizzle with a little oil.
- 3 Roast for about 15 minutes, or until they start to brown. Remove from the oven and reduce the oven temperature to 150°C (300°F, Gas 2).
- 4 Meanwhile, in a bowl, mix the smoked chipotle chilli paste with the honey.
- 5 Add a spoonful of honey to the sausages, season with salt and pepper and move the sausages around until they're all covered.
- 6 Return to the oven and cook for another 10–15 minutes, basting with the honey every 5 minutes. Keep your eye on them once the honey goes on as they will burn quite quickly.
- 7 Slice into bite-sized chunks and pour over the honey from the roasting pan.





# Chilli sin Carne

This vegan chilli con carne is perfect for a healthy, meat-free meal. If you're a meat-eater, the roasted butternut squash and smoky flavour from the chipotle paste means that you won't miss it whatsoever in this dish, we promise.

*Serves 4*

*1 hour*

- 1 butternut squash, peeled and roughly chopped
  - 3 tbsp olive oil
  - 1 large onion, roughly chopped
  - 5 garlic cloves, whole with skin
  - 2 peppers, roughly chopped
  - 4 sprigs of thyme
  - 1 tsp dried oregano
  - salt and freshly ground black pepper
  - 2 x 400g (14oz) cans of chopped tomatoes
  - 400g (14oz) can of chickpeas
  - 400g (14oz) can of kidney beans
  - 100ml (3½ fl oz) vegetable stock
  - 2 tsp smoked chipotle chilli paste
  - a bunch of coriander, leaves and stalks chopped separately
  - Perfect Guacamole to serve
  - Perfect Boiled Rice to serve
- 1 Preheat the oven to 180°C (350°F, Gas 4).
  - 2 Put the squash in a roasting pan with the olive oil, onion, garlic, peppers, thyme, oregano, salt and pepper.
  - 3 Roast for about 25 minutes until cooked through and the squash begins to blacken on its edges, checking frequently as oven temperatures vary. Remove the thyme stalks and squeeze out the garlic flesh and discard the skins.
  - 4 Meanwhile, in a large saucepan, mix the tomatoes, chickpeas, kidney beans, vegetable stock and smoked chipotle chilli paste, chopped coriander stalks and cook for 30 minutes with a good pinch of salt and pepper.
  - 5 Now is a good time to prepare the rice and guacamole.
  - 6 Combine the roasted vegetables with the tomato sauce and mix well. Keep warm until ready to serve.
  - 7 Just before serving, stir through the coriander leaves and serve with rice and guacamole.





# Chipotle Spanish Omelette

We've pimped a Spanish tortilla (think a thick omelette made with potatoes) by adding smoked chipotle chilli paste and sweet red peppers. If you've got a picnic coming up – or if you want a change from your usual sandwich lunch – make this a day or two in advance, slice it up into bite-sized chunks and pop it in a lunch box.

*Serves 4*  
*30 minutes*

2 medium-sized potatoes, peeled and cut into 1.5cm (1/2in) slices  
about 5 tbsp olive oil  
1 onion, thinly sliced  
2 red peppers, roughly chopped  
2 sprigs of thyme  
2 bay leaves  
2 tsp smoked chipotle chilli paste  
8 eggs  
a handful of spinach leaves, roughly chopped  
1 tbsp butter  
salt and freshly ground black pepper

- 1 Put the potatoes in a colander and sprinkle with 2 teaspoons of salt. Leave to stand for 10 minutes to remove some of the moisture. Rinse and pat dry.
- 2 Add a little olive oil to a pan and add the onion, red peppers, thyme sprigs, bay leaves, smoked chipotle chilli paste and a pinch of salt and pepper. Cook for 10 minutes.
- 3 Heat 3 tablespoons of olive oil in a separate pan over a low-medium heat. Add the sliced potatoes and cook for 25 minutes until softened. Drain off the excess oil and combine them with the peppers and onion. Remove the bay and thyme stalks. Leave to cool for 5 minutes.
- 4 Meanwhile, crack the eggs into a mixing bowl and whisk well. Stir in the potato mix and spinach leaves.
- 5 Wipe the frying pan clean and heat the remaining olive oil and the butter over a low-medium heat. Pour in the mixture and ensure it is evenly dispersed. Cook the tortilla for about 4–5 minutes, using a spatula to pull the edge up to check the underside is cooked.
- 6 At this stage, you need to cook the top of the omelette. Either put a plate/chopping board on top of the pan and turn it upside down. Then slide the omelette back into the pan to cook what was the top. Alternatively, you can place the pan under the grill to finish cooking.





# Cauliflower Steaks with Romesco

Thick, griddled cauliflower steaks served on herby couscous with a smoky chipotle romesco sauce. This works well cooked in a heavy cast-iron pan. You can't use the whole head of cauliflower because the stalk holds it together, so save the loose florets to make Luchito Cauliflower Cheese.

*Serves 2  
1 hour*

## FOR THE ROMESCO SAUCE

2 red peppers, halved and deseeded  
4 garlic cloves, skin on  
100g (3½oz) almonds  
1 tsp smoked chipotle chilli paste  
1 tbsp tomato purée  
1 tbsp red wine vinegar  
100ml (3½fl oz) olive oil  
salt and freshly ground black pepper

## TO MAKE THE ROMESCO SAUCE

- 1 Preheat the oven to 120°C (260°F, Gas ½).
- 2 Put the pepper halves in a roasting pan with a garlic clove in each half. Top with olive oil, salt and pepper and roast for 45 minutes. Leave to cool slightly.
- 3 Meanwhile, toast the almonds in a dry pan and leave aside.
- 4 Purée the peppers, skinned garlic cloves, smoked chipotle chilli paste, almonds, tomato purée, vinegar, salt and pepper. Slowly add the olive oil to make a smooth paste.

## FOR THE CAULIFLOWER

1 large or 2 small cauliflower(s)  
1 tbsp butter  
olive oil

## TO MAKE THE CAULIFLOWER

- 5 Cut the cauliflower(s) into 4 steaks. Heat the butter and a splash of olive oil in a frying pan over a medium heat. Add the cauliflower steaks and cook for a few minutes until golden. Flip and cook other side. Leave aside.

## FOR THE COUSCOUS

200g (7oz) couscous  
250ml (9fl oz) boiling water  
1 tbsp butter  
a handful of parsley leaves, roughly chopped

## TO MAKE THE COUSCOUS

- 6 Meanwhile, put the couscous in a bowl and pour over the boiling water. Add the butter, some salt and pepper and stir well. Cover and leave to steam for 5–10 minutes.
- 7 Use a fork to separate the grains. Stir in half the parsley.
- 8 Pile the couscous on plates, top with the cauliflower, smother with the sauce and sprinkle with the remaining parsley.

