



SUMMER
Eats

PAPRIKA CHICKEN WRAPS

WITH 5 MINUTE
GUACAMOLE &
MIXED BEAN SALAD

**LOVELL
HOMES**

Recipes created exclusively for
Lovell Homes by ProperFoodie.com

-PROPER- *Foodie*



DEBBIE JONES

Nutritionist, Chef, Researcher,
Photographer & Food Lover



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Paprika chicken wraps and

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PAPRIKA CHICKEN WRAPS WITH 5 MINUTE GUACAMOLE & MIXED BEAN SALAD



SERVES
4



TIME TO MAKE
30 MINUTES

INGREDIENTS

FOR THE BEAN SALAD

2 x 400g tins of your choice of beans
(Borlotti, kidney, black bean, haricot,
mixed beans)

200g tin of sweetcorn

2 tsp cider vinegar

2 tbsp Olive Oil

Juice of 1 lime

2 tsp Dijon mustard

Pinch of sea salt and pepper

30g freshly chopped coriander leaves

FOR THE GUACAMOLE

50g Tomatoes seeds removed and flesh
finely chopped

1/2 red chilli pepper finely chopped

1 large avocado

Juice of half a lime

FOR THE PAPRIKA CHICKEN WRAPS

4 Chicken breasts cubed (800g)

2 tsp Paprika

1 tsp Cayenne pepper

1 tsp Ground coriander

2 tsp Honey

Pinch of sea salt and pepper

1 tbsp Olive oil

4 wraps

Lettuce leaves (optional)

Extra lime wedges and fresh coriander
leaves to serve

METHOD

TO MAKE THE MIXED BEAN SALAD

Drain the tinned beans and sweetcorn
into a sieve then rinse well with tap water.
Transfer the beans and sweetcorn to a
salad bowl. In a small mug or bowl mix
together the cider vinegar, oil, lime juice,
Dijon mustard, salt and pepper. Pour
the dressing over the beans and add the
coriander leaves. Mix well. Cover and
refrigerate until ready to serve.

TO MAKE THE GUACAMOLE

Place the chopped tomato flesh and
chopped red chilli in a cereal-sized bowl.
Half the avocado and carefully remove
the stone (stick the blade of the knife into
the stone and twist). Whilst the flesh is
still inside the avocado skin use a fork
to rake through the flesh and mash up.
Scrape the mashed flesh into the bowl
with the tomato and chilli. Immediately
squeeze the lime juice over the avocado
to help stop any browning. Mix together
well. Transfer to a sealed container and
refrigerate until ready to serve.

TO MAKE THE PAPRIKA CHICKEN WRAPS

Place the cubed chicken into a mixing
bowl. Add the paprika, cayenne pepper,
ground coriander, honey, salt and pepper
then mix until the chicken is fully coated.
Place a frying pan or wok on a medium
heat and add the oil. Place the coated
chicken into the frying pan and stir fry for
5-7 minutes or until cooked through.

Whilst the chicken is cooking place the
wraps in the microwave for 30 seconds or
low oven for 5 minute to slightly warm. Lay
out the wraps and place a few torn lettuce
leaves on each one – place nearer the top
of the wrap to leave room to fold over the
bottom edge. Divide the cooked chicken
between the wraps then roll up by folding
up the bottom edge of the wrap, then bring
the left side, then right side over. Secure
with a cocktail stick if necessary – but if
you're cooking for children take extra care
and remember to tell them that its there!!

Serve up along with the mixed bean salad
and homemade guacamole.



SUMMER
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SIMPLE SUMMER SPAGHETTI

WITH PURÉED PEAS,
BASIL & PARMESAN

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SIMPLE SUMMER SPAGHETTI WITH PURÉED PEAS, BASIL & PARMESAN



SERVES
4



TIME TO MAKE
30 MINUTES

INGREDIENTS

FOR THE SPAGHETTI

350g dried spaghetti
200ml Boiling water
1 tsp salt for the water

FOR THE PEA PURÉE

1/2 tbsp olive oil
1 Onion (150g) roughly chopped
2 Garlic cloves finely chopped
400ml of boiling water
400g of frozen peas or 500g fresh
podded peas (300g with pods
removed)
Handful (15) fresh basil leaves
15g grated Parmesan
Pinch of Sea salt and black pepper

TO SERVE

Extra fresh basil, Parmesan and olive oil

METHOD

TO MAKE THE SPAGHETTI

Start by cooking the spaghetti in salted water and according to the packet instructions.

TO MAKE THE PEA PUREE

Whilst the spaghetti is cooking place a large pan on a medium heat. Add the oil, chopped onions and garlic then fry until soft. Next pour in the boiling water and add the peas. Bring to the boil and simmer for 2 minutes. Remove from the heat and stir in the fresh basil leaves.

Blend the onion and pea mixture whilst still in the pan using a hand blender or transfer to a blender machine. Blend until smooth. Next add the grated parmesan, salt and pepper and mix in well.

TO SERVE

Drain the cooked spaghetti and transfer to the pea puree. Toss together well then serve with extra parmesan, fresh basil leaves and a drizzle of oil.





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MINI PIZZAS

WITH
HOMEMADE DOUGH

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MINI PIZZAS WITH HOMEMADE DOUGH



SERVES
16



TIME TO MAKE
2 HOURS 15 MINUTES

INGREDIENTS

FOR THE DOUGH

500g strong white bread flour or 00 flour
7g sachet of dried yeast
1 tsp white caster sugar
1 tsp crushed sea salt
1 tbsp Olive oil
300ml of luke warm water (75ml boiling
and 225ml cold water)
Extra flour for dusting and extra oil for
greasing the bowl

FOR THE PIZZA TOPPINGS

500g carton of passata
Your choice of cheeses (fresh mozzarella,
grated mozzarella, grated cheddar, feta)
Your choice of veggies and meats (red
onion, chorizo, sliced baby tomatoes, fresh
basil leaves, courgette, red bell pepper)

FOR THE GARLIC BREAD TOPPING

2 garlic cloves skin removed and crushed
1 tbsp Olive oil
1 tsp dried parsley

METHOD

TO MAKE THE DOUGH

In a large bowl, mix together the flour, dried yeast, caster sugar and sea salt. Make a well in the middle of the flour mixture and pour in the oil.

Prepare the luke warm water by mixing 75ml of boiling water with 225ml of tap water. Check the temperature with your finger tips – it should be slightly warm to the touch. Gradually add the water to the flour mix. Mix the flour with your fingertips in between each addition until all the water is combined to form a dough.

Flour the work surface and turn out the dough, the dough may seem slightly sticky at this point. Knead the dough for 10 minutes until it becomes smooth and no longer sticky. Shape the dough into a ball. Drizzle oil around the mixing bowl to prevent sticking and place the dough ball in the centre of the bowl. Cover with cling film and leave to prove (rise) for 1 hour.

After 1 hour, flour the work surface again, turnout the dough and 'knock back' (remove the air). Shape the dough into a ball again and then divide in half, in half again and then in half 2 further times to create 16 even pieces.

Line 2 or 3 baking trays with baking paper. Use your hands roll each of the 16 pieces of dough into little balls. Flour the work surface again and the dough balls then use a rolling pin to roll out each ball to a thin base. Place each base onto the lined trays. Depending on the size of the trays and how many bases you can fit, you may have to cook the pizzas in batches.

TO MAKE THE PIZZAS AND GARLIC BREAD

Preheat the oven to 220 degrees °C.

Add the passata sauce and a selection of toppings to each of the pizza bases. If making garlic bread mix the crushed garlic, oil and dried parsley in a mug or small bowl then spoon over a plain dough base (alternatively spoon over an unrolled ball of dough to make garlic dough balls).

Place the pizzas/garlic bread/doughballs in the oven and bake for 10 minutes or until golden brown and with the cheese fully melted. Serve and enjoy!

