

Seasonal fruit & veg

CALENDAR 2013

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12 fabulous
recipes
inside



Fruit and muesli layered dessert

Serves 4

Takes 10 mins

In four tall glasses, put a tsp of **honey** and then a tbsp of **fat-free fromage frais**, a tbsp of **muesli** and then a couple of slices of **nectarine** and a few **blueberries**. Add another tbsp of fromage frais, a tsp of honey and finish with a few more slices of nectarine and some blueberries. Chill until ready to serve.

Each serving contains



of your guideline daily amount.

Tip You can use any mix of fruit you like here, try slices of pre-prepared melon or pineapple, and top with berries.



January 2013

Sweet and bursting with goodness, fruit brings a little sunshine in winter. Enjoy a variety of fruits ready prepared in handy packs for a quick and easy way to your five-a-day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Burns Night	26	27
28	29	30	31	1	2	3

IN SEASON * pineapple * Meyer lemons * oranges * papaya * pink grapefruit



Chilli and ginger pork stir-fry

Serves 6

Takes 15 mins, plus marinating

For the marinade, put 6 tbsp **soy sauce**, 2 tsp **sesame oil**, 4 chopped **garlic cloves**, and 1 large piece of **root ginger**, grated, into a large bowl. Take a 700g pack **pork loin steaks**, trim and cut into strips. Add the pork to the marinade, stir, cover and leave to marinate for 10 minutes. Heat a wok, add 1 tbsp **vegetable oil** and the pork and stir-fry until browned. Tip into a bowl and set aside. From 2 x 220g stir-fry medley veg packs, finely chop the **chilli** and **spring onions** and fry for 1-2 minutes. Add the **baby corn** and **broccoli** and a splash of water, fry for 2-3 minutes. Add the rest of the veg from the pack plus the leaves of 2 x 200g packs **pak choi** and 4 tbsp **oyster sauce** and fry for 2-3 minutes. Stir in the pork and its juices and cook for 1 minute. Cook 400g (13oz) medium **egg noodles** following packet instructions, drain and toss with **sesame oil**. Divide between bowls and top with the pork and veg.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
515	5g	18g	4.2g	4.5g
26%	5%	26%	21%	75%

of your guideline daily amount.

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February 2013

For fast and wholesome family meals, combine a stir-fry vegetable medley with noodles and a tasty fresh sauce for a nutritious flavour-packed Asian dish

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
4	5	6	7	8	9	10 Chinese New Year
11	12 Pancake Day  Don't forget to buy lemons!	13 Ash Wednesday	14 Valentine's Day  Remember flowers for Valentine's	15	16	17
18	19	20	21	22	23	24
25 Fairtrade Fortnight	26	27	28	1	2	3

IN SEASON * purple sprouting broccoli * chicory * white flesh nectarines * leeks * mango



Pork fillet with new season rhubarb

Serves 4
Takes 1hr

Preheat the oven to gas 5, 190°C, fan 170°C. Pour 1 tbsp **olive oil** into a roasting pan and put in the oven to heat for 3 minutes. Place 400g (13oz) **pork fillet** in the hot oil and roll to lightly seal. Add a sprig of **rosemary** and return to oven for 20 minutes. Remove and turn the pork over then return to the oven for a further 10 minutes. Cut 125g (4oz) **rhubarb** into 4cm (1½in) lengths, add to the roasting pan with 100ml (3½fl oz) water and cook for a further 10 minutes. Remove from the oven and leave to rest for 5 minutes before serving. To serve, carve the pork and spoon over the soft rhubarb and juices.

Each serving contains



of your guideline daily amount.



March 2013

Rhubarb is at its best this month. With its sweet but tart flavour, it's incredibly versatile and can be enjoyed stewed or roasted, in a crumble or even as an accompaniment to pork

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	1 St David's Day	2	3
4	5	6	7	8	 <p>9</p> <p>Don't forget to pick up your Mother's Day flowers</p>	10 Mother's Day
11	12	13	14	15	16	17 St Patrick's Day
18	19	20	21	22	23	24
25 Passover begins	26	27	28	29 Good Friday	30	31 Easter Sunday British Summertime begins

IN SEASON * rhubarb * spring onions * passion fruit * cucumber * cauliflower * spinach



Tomato and mustard tart

Serves 8

Takes 40 mins

Preheat the oven to gas 7, 220°C, fan 200°C. Unroll 375g pack **ready-rolled puff pastry** onto a nonstick baking tray and score a line 3cm (1in) from the edge all the way around. Spread the centre of the pastry with 2 tbsp **wholegrain mustard** and sprinkle with 25g (1oz) grated **Leerdammer cheese**. Cut 400g (13oz) mixed speciality **cherry tomatoes** in half and scatter over the top of the tart. Sprinkle with 25g (1oz) cheese. Bake the tart in the oven for 15-20 minutes or until golden brown. Sprinkle with a small handful of **basil leaves**, then serve warm or cold.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
215	2g	14g	6.5g	0.7g
11%	2%	20%	33%	12%

of your guideline daily amount.



April 2013

Look out for early tomatoes, from sweet cherry and baby plums to vine-ripened and beef. Keep them at room temperature to enhance their natural taste

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Easter Monday April Fool's Day	2 Passover ends	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 St. George's Day	24	25	26	27	28
29	30	1	2	3	4	5

IN SEASON * tomatoes * rocket * spinach * watercress



Asparagus with lemon vinaigrette

Serves 4

Takes 15 mins

Blanch 500g (16oz) **asparagus** in boiling, salted water for 1-2 minutes. Drain, then rinse in cold water and pat dry. Divide the asparagus between four plates or arrange on a platter. In a small bowl mix 5 deseeded and finely chopped **plum tomatoes**, 1 **shallot** and clove of **garlic**, both finely chopped, 3 tbsp **extra-virgin olive oil**, the juice of ½ **lemon** juice and some seasoning, until combined. To serve, pour the tomato mixture over the asparagus and top with 50g (2oz) crumbled **blue cheese** and a small handful of **basil leaves**.

Each serving contains



of your guideline daily amount.

Tip Try using Jersey Royals in this salad instead of asparagus. Simmer in boiling water until tender, then allow to cool, halve and toss with the tomato and lemon vinaigrette, and top with cheese and basil.



May 2013

Delicious Jersey Royals, with their nutty flavour, and sweet-tasting asparagus are at their seasonal best. Treat them simply – boil or steam your spuds and blanch or grill asparagus

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1	2	3	4	5
6 <small>Early May Bank Holiday</small>	7	8	9	10	11	12
13	14	15	16	17	18	19
20 <small>National Vegetarian Week</small>	21	22	23	24	25	26
27 <small>Spring Bank Holiday</small>	28	29	30	31	1	2

IN SEASON * Jersey Royals * asparagus * celery * peas * peppers * radish



Summer berry trifle

Serves 6

Takes 30 mins, plus chilling

Hull and slice 400g (13oz) **strawberries**, put them in a bowl and sprinkle with 2 tsp **icing sugar**. Add 300g (10oz) **raspberries**, squashing slightly to release their juice. Pit 300g (10oz) **cherries**, quarter them, then add to the strawberries and stir. Cut 250g (8oz) **Madeira cake** into slices. Press the slices together with **strawberry jam** to make sandwiches, then cut into small cubes. Put these into the base of a trifle bowl and sprinkle with 4 tbsp **raspberry** or **berry liqueur** (optional). Spoon in the fruit and leave until the juice from the fruit soaks into the cake. Pour over 500g (1lb) **Finest Cornish custard** and shake the bowl slightly to fill in any gaps. Lightly whip 300ml (10fl oz) **double cream** and spoon over the top of the custard. Chill until needed. Top with a few extra strawberries, cherries and raspberries to serve.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
570	47g	33g	18.6g	0.6g
29%	52%	47%	93%	10%

of your guideline daily amount.

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June 2013

The arrival of fresh British strawberries heralds the beginning of summer. Enjoy the traditional way, with cream, add to tarts and trifles, or try them with a twist of black pepper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Father's Day
17	18	19	20	21	22	23
24 Wimbledon starts	25	26	27	28	29	30

IN SEASON * strawberries * apricots * broad beans * raspberries * aubergines * blueberries



Green bean salad

Serves 4

Takes 25 mins

Cook 30g (1oz) trimmed **fine green beans** in boiling water, covered, for 3 to 4 minutes. Cool by running under cold water and drain well. Place the beans in a bowl and combine with 1 small **red onion**, thinly sliced, $\frac{1}{4}$ **cucumber**, cut into thin sticks, 20g (1oz) **cherry tomatoes**, halved, and **mixed salad leaves** (cos, frisée, little gem). Dress the salad with a generous drizzle of **extra-virgin olive oil** and the juice of a **lemon**. Cube 1 slice of white bread and fry in oil to make **croutons**. Add to the salad along with chopped fresh **chives** and some shavings of **Parmesan**, if you like. Season to taste.

Each serving contains



of your guideline daily amount.



July 2013

Lettuce comes in all sorts of varieties, whether it's nutty romaine, crunchy iceberg or mild little gem. Shred and add to salad, or use leaves as 'cups' and add a savoury filling for a special starter

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9 Ramadan begins	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

IN SEASON * lettuce * cherries * French and runner beans * Tenderstem broccoli



Roasted plums with rosemary crumbs

Serves 4

Takes 20 mins

Preheat the oven to gas 4, 180°C, fan 160°C. Heat a griddle pan and brush 4 halved and stoned **plums** with 15g (½oz) melted **butter**. Put the plums in the pan (cut-side down) and cook for 3-4 minutes, until griddle lines appear. Transfer the plums to a baking tray (cut-side up). Put 4 **shortbread biscuits** in a sandwich bag and gently crush with a rolling pin until you have chunky crumbs. Add the finely chopped leaves of a sprig of **rosemary** and 1 tbsp **sugar** and shake to combine. Brush the plums with 15g (½oz) melted butter and drizzle over 1 tbsp **amaretto liqueur**. Top with the shortbread mixture and roast for 15 minutes, until soft and golden. Serve with **crème fraîche** or **ice cream**, if you like.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
170	9g	10g	6.5g	0.2g
9%	10%	14%	33%	3%

of your guideline daily amount.



August 2013

Tesco British plums are lovingly grown in Kent and Herefordshire. With juicy, sweet flesh, they're delicious as they are, or use them in jams, chutneys and crumbles

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7 Ramadan ends	8 Eid	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Bank Holiday	27	28	29	30	31	1

IN SEASON * plums * nectarines * sweetcorn * peaches



Sausage stew with green lentils

Serves 4

Takes 45 mins

Heat a dry frying pan until hot and cook 1 x 756g pack **pork sausages** for about 5-8 minutes until golden all over. Meanwhile, heat 1 tbsp **sunflower oil** in a casserole dish. Add 1 **red onion**, cut into wedges, 2 **parsnips** and 1 **swede**, both chopped into bite-size chunks. Season. Cook over a medium heat for about 5-10 minutes until the veg is just starting to soften, then stir in 3-4 chopped **sage leaves** and cook for 1-2 minutes more. Transfer the sausages to the casserole dish with a drained 390g tin of **green lentils**, a 400g tin **chopped tomatoes**, 300ml (½pt) **chicken stock** and 1 **rosemary sprig**. Give everything a stir, cover and bring to a gentle simmer. Cook for 30 minutes, stirring occasionally. Season to taste. Scatter with chopped **parsley** and serve with **crusty bread**.

Each serving contains



of your guideline daily amount.

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September 2013



Celebrate Organic September with gorgeous, organic onions and root veg to make hearty stews and hot-pots the whole family will love

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1 Organic Month
2	3	4 Rosh Hashanah	5	6	7	8
9	10	11	12	13 Yom Kippur	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

IN SEASON * onions * parsnips * swede * carrots * blackberries * butternut squash



Toffee apple sponge

Serves 4

Takes 15 mins

In a medium pan, melt 75g (3oz) **unsalted butter**, 100g (3½oz) **muscovado sugar**, 50ml (2fl oz) **double cream** and ¼ tsp **vanilla extract** over a low heat. Add 1 **Cox apple** and 2 **Bramley apples**, all cored and thickly sliced, and 1 tbsp **lemon juice**, stir, then cook over a gentle heat for 3 minutes. Turn up the heat and cook for a further 4 minutes, stirring occasionally until the apples have softened and the toffee sauce has thickened. Remove the pan from the heat and cool slightly. Meanwhile, toast 4 slices **Madeira cake** under a hot grill for 1-2 minutes each side until lightly golden. Divide the cake slices between four bowls and top with the apples and sauce. Scatter over 40g (1½oz) chopped **pecans** and serve with **vanilla ice cream**, if you like.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
535	48g	34g	17.7g	0g
27%	53%	49%	89%	0%

of your guideline daily amount.



October 2013

Tesco is proud to source many varieties of brilliant British apples and pears. Both make a great addition to desserts and cakes, and you can turn any leftovers into delicious fruity chutney

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7 National Curry Week	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 British Summertime ends
28	29	30	31 Halloween	1	2	3



Don't forget to buy your pumpkin!

IN SEASON * apples * pears * celeriac * kale * pumpkin



Savoy, chorizo and borlotti bean broth

Serves 4

Takes 35 mins

Cook 100g (3½oz) **rice** following the packet instructions. Meanwhile, heat a dry saucepan over a medium heat. Add 125g (4oz) sliced **chorizo** and cook for 3-4 minutes, until crisp. Remove and set aside. Pour out the chorizo oil, then add 1 large sliced **red onion**, 1 chopped **garlic clove**, 1 tbsp **olive oil** and season. Cook for 8 minutes, until softened. Pour in 1 ltr **chicken stock** and bring to the boil, then simmer for 5 minutes. Add the chorizo, a 400g tin **borlotti beans** (drained) and ½ **Savoy cabbage**, cored and sliced, and cook for a further 3-4 minutes. Drain the cooked rice and add to the saucepan with the other ingredients. Serve with some **crusty bread**, if you like.

Each serving contains

Calories	Sugar	Fat	Saturates	Salt
285	8g	11g	3.8g	0.5g
14%	9%	16%	19%	8%

of your guideline daily amount.



November 2013

Insulate yourself from the cold with hardy green-leaved cabbages, broccoli, sprouts and cauliflower. They're ideal for wholesome soups, gratins or braised dishes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1 All Saints Day	2	3 Diwali
4	5 Guy Fawkes Night	6	7	8	9	10 Remembrance Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Chanukah begins	28 Thanksgiving	29	30 St Andrew's Day	1

IN SEASON * broccoli * Brussels sprouts * cabbage * cauliflower * shallots * King Edward potatoes



Clementine fizz with pomegranate seeds

Serves 6

Takes 5 mins

Squeeze the juice from 10 **clementines** – you'll need about 300ml (½pt) – and pour through a sieve to remove any pith or seeds. Divide the juice between six Champagne flutes and add a spoonful of **pomegranate seeds** to each. Top up with **sparkling wine**. Serve with crunchy cheese straws*.

Each serving contains



of your guideline daily amount.

* Find the recipe for crunchy cheese straws online at tesco.com/realfood



December 2013

'Tis the season for gorgeous, fragrant citrus fruit. When choosing, look out for those that are darkest in colour as they'll taste the sweetest and contain the most juice

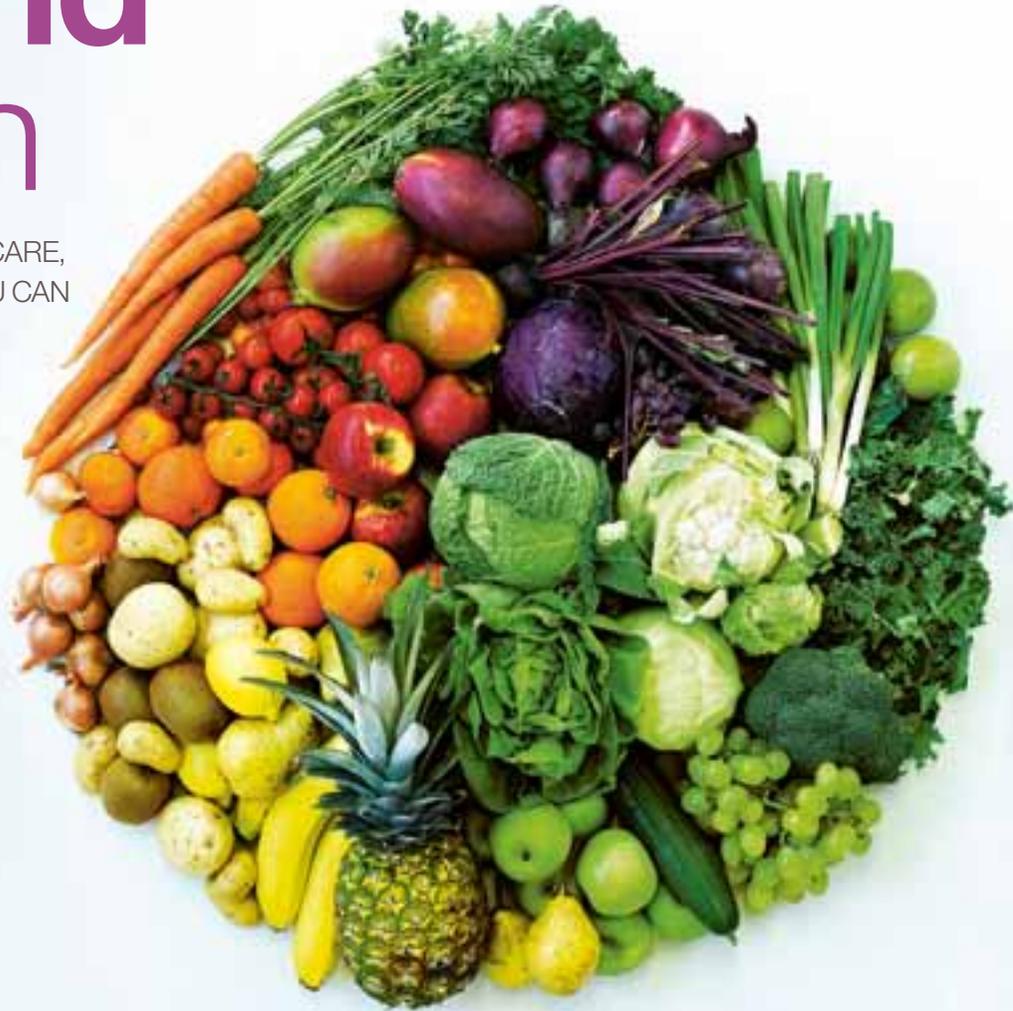
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	1
2	3	4	5 Chanukah ends	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Shortest Day Don't forget your Christmas fruit and veg	22
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve					

IN SEASON * citrus fruit * cranberries * pomegranates * dates * figs

Fresh and in season

WE SOURCE OUR FRESH PRODUCE WITH CARE,
FROM QUALITY PRODUCERS, SO THAT YOU CAN
ENJOY THE BEST SEASONAL INGREDIENTS

Full of flavour, packed with goodness and great value for money, seasonal produce is perfect for making delicious, wholesome food. Get inspired by what's around and at its best each month, then try mixing a few different veggies or fruit in your dishes to get your family on their way to five-a-day.



Your month by month guide to great seasonal fruit and veg

 **January** * pineapple * Meyer lemons * oranges * papaya 

February * purple sprouting broccoli * chicory
white flesh nectarines * leeks * mango **March** * rhubarb * spring onions

passion fruit * cucumber **April** * tomatoes * rocket * spinach 

watercress **May** * Jersey Royals * asparagus * celery * peas * peppers

 radish **June** * strawberries * apricots * broad beans * raspberries
aubergines * blueberries **July** * lettuce  cherries * French and

runner beans * Tenderstem broccoli **August** * plums * nectarines 

 sweetcorn * peaches **September** * onions * parsnips * swede * carrots

blackberries * butternut squash **October** * apples * pears * celeriac

kale * pumpkin **November** * broccoli  Brussels sprouts * cabbage

* cauliflower * shallots * King Edward potatoes **December** * citrus fruit

cranberries  pomegranates * dates * figs

Great seasonal family recipes

