

Tasty top tips to grill like a gourmet



A PERFECT PUD
Slice skin-on bananas lengthways, put squares of fudge into the split, wrap the fruit in foil, then grill for a few minutes. Open the foil, cut the banana into slices, top with whipped cream and chocolate curls, et voila!



A FLAVOUR BOOST
Once your coals are ashen and hot, just add a bunch or two of your favourite herbs (eg thyme, rosemary, sage) directly onto them underneath the grill.



SHINY AND CLEAN
Scrunch aluminium foil into a ball. Rub it along the bars of the grill once they are cool. All the carbon deposits will be removed and it comes up a treat!



BEGINNER

Nectarine and basil salsa with grilled prawns

These pescetarian-friendly skewers transport your tastebuds to the tropics. Delicious, and also gluten-free, dairy-free and nut-free too

Serves 2
Prep time 15 mins
Cook time 5 mins
245 calories/serving

Ingredients

- 200g (7oz) raw prawns, peeled
- 15ml (1 tbsp) vegetable oil
- 1/2 tsp garlic salt
- 1 tsp smoked paprika
- 1 tsp caster sugar
- 2 nectarines, diced

- 1/2 small red onion, diced
- small handful basil leaves, chopped
- 1 and a half limes (one half juiced)

1 Put the prawns in a bowl with the oil, garlic salt, paprika and sugar. Mix well and then thread onto metal skewers, or wooden ones that have been

soaked in water for 15 minutes. Season with pepper.

2 Using a separate bowl, mix the nectarines with the onion, basil and lime juice.

3 Place a griddle pan on a medium heat. Sear the prawns for 2 minutes on each side, or until they turn

pink and are cooked through.

4 If you're cooking on a barbecue, place the prawn skewers on the barbecue on a medium heat. Cook for 2-3 minutes; turning every 30 seconds, or until they turn pink and are cooked through. Serve the prawns with the salsa and the remaining lime half.

Spicy hot dogs with sweet & sour glaze

The whole family will love these tangy, super-tasty hot dogs

Serves 4
Prep time 10 mins
Cook time 30 mins
611 calories per serving

Ingredients

- 4 finest fiery habanero pork hot dogs
 - oil for the griddle
 - 4 brioche hot dog rolls, halved
 - 1 spring onion, finely sliced, to serve
 - 15g (1/2oz) coriander leaves picked, to serve
- For the sweet and sour glaze**
- 1 tbsp dark soy sauce
 - 1 tbsp white rice vinegar
 - 3 tbsp ketchup
 - 2 tbsp golden caster sugar

1 In a small bowl, mix the glaze ingredients. Drizzle half over the sausages and coat well.

2 Brush the bars of a preheated barbecue or griddle with oil. Cook the sausages over a medium heat for 25-30 minutes until cooked through. Brush with the remaining glaze occasionally.

3 Lightly toast the cut sides of buns.

4 Serve topped with spring onion and coriander.



INTERMEDIATE



CHEAT'S guide to the barbie

The most avid barbecue fans are like coiled springs during the summer months, just waiting for the right weather window. But if the sun shines but you haven't got the right kit ready to roll, Tesco Flame Academy is all for a little bit of ingenuity. So if you happen to be missing one or two barbie essentials, just improvise!

Here are some of Tesco Flame Academy BBQ boffins' tips on how to wing it on the garden grill...

1 HERBS

Rosemary or thyme will double up as a handy flavour-enhancing oil brush for BBQ food.



2 MUFFIN TIN

Make washing up easier... serve all your condiments in a single muffin tray.

3 JAM JAR

An empty jam jar is perfect for mixing marinades and dressings - just add your ingredients and shake. Try Tesco Flame Academy's salmon and potato salad with horseradish dressing. See realfood.tesco.com/recipes/salmon-and-potato-salad-with-horseradish-dressing.

4 BUCKET

Chill multiple drinks bottles in a clean household bucket, or even your paddling pool! Just add cold water, lots of ice and handfuls of salt which help to get the water colder, quicker.

5 OVEN PAN

Putting a lid on a barbecue helps to cook meat evenly and keep it tender. Use a large household stainless steel pan or bowl and place it over your steak, sausages or burgers. Just make sure you handle it with oven gloves as it will get very hot!



6 LEMONS

If you've run out of aluminium foil and need to protect food from cooking too quickly, laying down a mat of sliced lemons will do the job perfectly.



For more recipes, expert tips and how-to videos, visit tesco.com/flameacademy

