



Your *fresh* summer cookbook

Plan for the week ahead with
our collection of
20 delicious dishes made
with fresh British produce

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Morrisons
FOR 125 YEARS

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Good Food's
recipes using
Morrisons Market
Street produce.

welcome



To mark Morrisons's 125th birthday, we've teamed up with the supermarket giant to create 20 brand-new recipes made using fresh produce from its Market Street counters. Morrisons – which started as an egg and butter stall in 1899 in Bradford – prides itself on its in-store counters, which include specialists such as butchers, bakers, fishmongers and delicatessans. Across the UK, its stores have more than 1,000 fishmongers, who are happy to skin, fillet and debone your fish, as well as offer tips on cooking it; 1,655 skilled bakers who bake nearly 27 varieties of bread from scratch every day; and butchers' counters, providing 100% British meat and poultry. Plus, Morrisons works with British growers all year round, offering the freshest seasonal fruit and veg.

THE HERO

2 Morrisons Market Street skinless salmon fillets, cut into chunks
2 tbsp sweet chilli sauce

The Good Food team is showcasing hero ingredients from Morrisons Market Street in these recipes. You'll also find them online at [goodfood.com/morrisons-market-street](https://www.goodfood.com/morrisons-market-street), where more will be released through the summer. In each ingredients list, we've highlighted the hero ingredient to look for in-store.



breakfasts

One-tray summer French toast bake

SERVES 4-6 **PREP** 10 mins plus at least 1 hr chilling **COOK** 35 mins **EASY** V

3 medium eggs
200ml double cream
300ml milk
1 tbsp maple syrup, plus extra to serve
pinch of ground cinnamon (optional)
2 tsp vanilla extract
8 slices brioche bread
200g Morrisons Market Street blueberries

200g raspberries
icing sugar, for dusting
thick Greek-style yogurt or crème fraîche, to serve

1 Whisk the eggs, cream, milk, maple syrup, cinnamon (if using), vanilla and a pinch of salt together. **2** Dip the brioche slices into the egg mixture, turning until they're well-soaked, then arrange in a roughly 25 x 40cm baking dish or roasting tin so the slices are in one layer but overlapping slightly. Pour any remaining egg mixture over the top. Tuck a few Morrisons blueberries and raspberries under

each brioche slice, then scatter over the rest. Cover and chill for 1 hr until most of the liquid has been absorbed, or up to overnight if serving the next day for breakfast. **3** Heat the oven to 180C/160C fan/gas 4 and uncover the dish. Bake for 30-35 mins until the egg mixture has just set. Let stand for 5 mins, then dust with icing sugar. Serve with yogurt or crème fraîche and extra maple syrup.

GOOD TO KNOW ~~vegan~~ - ~~healthy~~ - ~~low fat~~ - ~~low cal~~ - ~~calcium~~ - ~~folate~~ - ~~fibre~~ - ~~vit c~~ - ~~iron~~ - ~~omega-3~~ - ~~2 of 5-a-day~~ - ~~gluten free~~
PER SERVING (0) 000 kcal - ~~fat 0g~~ - ~~saturates 0g~~ - ~~carbs 0g~~ - ~~sugars 0g~~ - ~~fibre 0g~~ - ~~protein 0g~~ - ~~salt 0.0g~~

Smoked salmon & scramble-stuffed croissants

SERVES 2 **PREP 5 mins**
COOK 10 mins **EASY**

2 Morrisons The Best All-Butter Croissants
1 tbsp butter
4 eggs, beaten
1 tbsp chopped chives, plus extra to serve
60g Morrisons Market Street smoked salmon slices
2 lemon wedges, to serve

1 Heat the oven to 200C/180C fan/gas 6, or an air-fryer to 180C. Bake or air-fry the croissants for 5 mins until crisp and warmed through.
2 Melt the butter in a small frying pan over a low-medium heat, crack in the eggs and scatter over the chives. Cook, folding the eggs using a spatula or wooden spoon, for 3-4 mins until lightly scrambled. Season.
3 Split each croissant, then fill with the scrambled eggs and Morrisons smoked salmon. Top with more chives and a crack of black pepper, and serve with a lemon wedge on the side for squeezing over.

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PER SERVING (0) 000 kcals ~~fat 0g~~ ~~saturates 0g~~ ~~carbs 0g~~ ~~sugars 0g~~ ~~fibre 0g~~ ~~protein 0g~~ ~~salt 0.0g~~



lunches & sides

Teriyaki salmon bowl

SERVES 2 **PREP 10 mins**
COOK 10 mins **EASY**

2 Morrisons Market Street skinless salmon fillets, cut into chunks
2 tbsp sweet chilli sauce
1 tsp sesame oil
2 tbsp light soy sauce
10g piece of ginger, peeled and grated
250g pouch microwaveable sticky rice
1 avocado, peeled, stoned and sliced

150g edamame salted nori sheets, to serve

1 Heat the oven to 190C/170C fan/gas 5. Put the Morrisons salmon pieces in a high-sided baking dish lined with baking parchment, and season lightly with salt and pepper.
2 Tip the sweet chilli sauce, sesame oil, soy sauce and ginger into a small bowl. Pour in 1 tbsp water and mix well. Pour the marinade over the salmon, then bake for 10 mins until cooked through and lightly golden.
3 When the salmon is almost cooked through, warm the rice

following pack instructions. Divide between two bowls, then top with the avocado, edamame and cooked salmon. Brush any leftover marinade from the baking dish over the salmon, then serve with crispy nori sheets for scooping.

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Honey chipotle BBQ chicken wings

SERVES 6 **PREP 20 mins**
COOK 50 mins **EASY**

1kg Morrisons Market Street chicken wings

1 tbsp vegetable oil
1-2 tsp Cape Herb & Spice
Chipotle Chilli Smoky
Southwestern Seasoning

For the sauce

2 tbsp cider vinegar
1 tbsp barbecue sauce
2 tbsp honey
1 tbsp chipotle paste

- 1 Heat the oven to 200C/180C fan/gas 6, or an air-fryer to 180C. Put the Morrisons chicken wings in a bowl, add the oil and seasoning. Toss to coat.
- 2 If roasting, spread the wings out in a single layer on a large baking tray lined with foil, and roast for 40-45 mins. If cooking in the air-fryer, cook for 35 mins. When ready, the wings will be cooked through and almost falling off the bone. Cook for 5 mins more, if needed. Tip away any excess fat.
- 3 Combine the sauce ingredients in a large bowl, then toss with the wings and return to the oven or air-fryer for 5 mins. Or, finish on a hot barbecue for 3-4 mins on each side.

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Cheddar and harissa garlic bread

SERVES 4-6 **PREP 10 mins**
COOK 30 mins **EASY** **V**

500g Morrisons Market Street round crusty loaf of white bread (a sourdough boule works well)

100g salted butter, softened
2-3 tbsp harissa (depending on how spicy you like it)
3 large garlic cloves, grated
75g mature cheddar, coarsely grated
75g grated mozzarella

- 1 Heat the oven to 190C/170C fan/gas 5. Cut into the Morrisons bread loaf at 2cm diagonal intervals using a serrated knife, going almost all the way through, then repeat in the

opposite direction so you create a diamond pattern. Put the loaf on a baking tray lined with parchment.

- 2 Put the butter, harissa and garlic in a small bowl and beat together using a spatula or wooden spoon. Season with a little salt and pepper.
- 3 Spread the butter into the cuts of the bread loaf, then sprinkle both of the cheeses into the cuts and over the top of the loaf, making sure every gap is filled with butter and cheese. Wrap well in foil.
- 4 Bake for 20 mins, then remove the foil from the top and return to the oven for 10 mins more until melted, golden and gooey. Serve whole and allow guests to pull the bread apart.

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Korean-inspired meatball subs

SERVES 4 **PREP 35 mins**
COOK 40 mins **EASY**

250g Morrisons Market Street pork mince

250g 12% fat beef mince
3 garlic cloves, grated
1 tsp chilli flakes (optional)
1 egg, beaten
40g fresh breadcrumbs
2 tbsp olive oil
4 soft submarine rolls, split
150g grated mozzarella
1 tbsp black sesame seeds (optional)
1 spring onion, finely sliced (optional)

For the sauce

1 tbsp olive oil
2 garlic cloves, grated
1 tbsp gochujang (optional)
400g can chopped tomatoes

- 1 Put the Morrisons pork mince, the beef mince, garlic, chilli flakes (if using), egg and breadcrumbs in a large bowl. Season, then combine well with your hands. Form into 16 meatballs and set aside on a baking tray lined with parchment.
- 2 For the sauce, heat 1 tbsp olive oil in a deep frying pan over a medium heat and cook the garlic and gochujang (if using) for 1 min, stirring. Pour in the tomatoes and half a can of water. Bring to the boil, reduce the heat to a simmer and bubble uncovered for 15-20 mins. Season with salt and pepper.
- 3 Heat 2 tbsp olive oil in a second frying pan over a medium heat until shimmering. Carefully add the meatballs to the pan and cook on all sides for 3-4 mins until golden. Transfer the meatballs to the tomato sauce and cook for 7-8 mins until the meatballs are cooked through. Heat the grill to high.
- 4 Fill each split submarine rolls with four meatballs and plenty of sauce, then put on a tray, sprinkle over the mozzarella and grill for 4-5 mins until golden and bubbling. Sprinkle over the sesame seeds and spring onion, if using, and serve with fries and slaw, if you like.

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