

READER PROMOTION



Helen Best-Shaw has been writing about food, recipes and travel at Fuss Free Flavours since 2007. On her site you will find lots of ideas for healthy affordable food as well as the odd treat too.

Summer stews

The bad weather and dark days may be gone – or almost – but there's still room on the menu for light, filling casseroles...

Casseroles are usually thought of as a winter warmer, but they don't need to be heavy, dark dishes to warm you up. In summer months too there is often nothing more appealing than the aromas and tastes of a light, but still filling stew, rich in delicious vegetables and sauces.

The basic concept of a hearty slow cooked stew can be endlessly adapted. Meat isn't a necessity, but a goodly helping of root vegetables are, to which can be added beans, pulses or grains to add flavours. One grain that could be used more is pearl barley, wheat's lesser known cousin. Barley is more commonly found in beer and whisky making than on the table, which is a shame because its nutty, savoury flavours can add greatly to a dish. Cooked in a similar fashion to rice, not only can it be added to soups and stews, but also used as the base for a wonderfully hearty risotto, or when cool as the starting point for a grain salad.

innocent are re-launching their veg pot range, which now includes a delicious pearl barley and vegetable recipe inspired by traditional British casseroles. The nutty flavours from the generous helping of pearl barley are complemented by the potatoes, sweet potatoes and creamy sauce. Unlike a slow cooked casserole, the veg pot is ready to eat in minutes; perfect for when an instant, homely pick-me-up is needed. It's a guilt free treat too, being two of your five-a-day, having no artificial colourings or flavourings and being only 3% fat.



We love the new leek and potato veg pot, there is so much delicious tasting and nutritious food packed into that little pot. The combination of chunky mixed vegetables, each cooked to perfection, with the chewy barley in a lovely rich creamy sauce really fills you up. All for under 290 calories.



Win an innocent veg pot lunch for your whole office – 300 to give away

A delicious, innocent veg pot lunch for everyone in your team? That's one way to impress the boss. Three lucky winners will each win 100 veg pots to share with their very lucky colleagues.

TO ENTER: Text **ES VEG** followed by a space, your full name and email address to **65400** (e.g. ES VEG john smith jsmith@email.com). Texts cost £1 plus your standard network charge. Or alternatively, visit **standard.co.uk/offers**



Terms & Conditions: Promotion closes at 23:59 on Thursday 12 June 2014; the winners will be selected at random and will be contacted by email by 23:59 on Monday 16 June 2014. There are three prizes of 100 veg pots. One prize of 100 mixed flavour veg pots per office, and one entry per person. (Any more than this and you'll be disqualified, and we might tell your mum.) Offices must have a London postcode. Prizes are non-transferable and have no cash value. Usual promotion rules apply, see www.standard.co.uk/rules. When you respond, the Evening Standard may use your information to contact you with offers/ services of interest. Multiple entry by SMS is permitted, only one online entry per person. For further information, please write to Customer Care, Evening Standard Limited, Northcliffe House, 2 Derry Street, London, W8 5TT or call the SMS helpline on 0800 839 173. Promoter: innocent Ltd. Good luck.