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SPRING INTO FRESH FOOD WITH RED TRACTOR

As the days grow longer and the spring sunshine reappears, why not try some tasty, lighter foods that are guaranteed to put a spring in your step. Freshen-up your fridge with delicious, springtime fruit and vegetables and try some great Red Tractor recipes perfect for the season.

Nearly all fresh foods have a season, which is when they are most widely available and taste their very best. As the days get lighter why not get lots of fresh vegetables into your diet — rich, green vegetables such as broccoli, asparagus and courgettes are abundant at this time and can be served up alongside succulent springtime meats such as lamb. Lighter evenings usually mean more socialising and al-fresco dinners, which are the perfect occasions to get creative with springtime recipes such as...

- A perfect spring-time starter...serve up Cajun Pea and Potato Salad with Spring Onion Dressing – Spring onions are a natural choice for this time of year while the peas will add a vibrant colour
- Tasty Chicken and Lamb skewers look good and taste even better; finish off with seasonings such as basil leaves and thyme...
- Raspberry Meringue Crush Sundaes to finish... Serve with chocolate sauce and mint sprigs to add even more flavour

To ensure you are getting the most from your fruit and veg all year round, visit www.myredtractor.co.uk and check out the new seasonal guide. This easy to follow chart not only details what foods are in season and when but you'll also find many delicious

recipe ideas that show you the best ways to enjoy them.

Red Tractor covers all the basic ingredients for a balanced diet and guarantees that the food you are buying has been produced to high standards — from the farm right through to the supermarket shelf. Look out for the Red Tractor logo on a wide range of every day products including chicken, pork, lamb, beef, turkey, fruit, vegetables, salad and dairy. The Union Flag in the logo lets you know that the food has been farmed in the UK.

All the major supermarkets and a growing number of independent shops stock a range of Red Tractor assured food so keep an eye out for the logo the next time you are shopping and know what you are serving to your family.

Ends.

For further information and recipe photography please contact Caroline Lott or Katie Wallace on 0870 774 0707 or email caroline@touch-pr.co.uk

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