

Eat Up!



My weekend diet diary

Reality star Chloe Madeley, 24, on what she ate last weekend

Friday: I had tapas in town before heading to my 24th birthday party, where I somehow managed to drink about nine passion-fruit martinis!

Saturday: I had a serious lie-in, so I scrapped breakfast and ordered a pepperoni passion pizza for lunch from Domino's. I felt rather guilty, so for dinner I had a tuna salad, which made me feel a lot better about myself.

Sunday: I had a cereal bar for breakfast, then I had a Sunday roast lunch with the whole family. For dinner, I made a yummy chicken-and-stuffing sandwich from all the leftovers of the roast.

● Chloe supports Save The Children's Born To Shine, born.to.savethechildren.org.uk

Thomasina Miers' lemon polenta cake and raspberry sauce

● A great pudding for summer, combining the zestiness of lemon in a luscious cake with a naughty raspberry sauce



THOMASINA MIERS

419 CALS
26.4G FAT
26.8G SUGARS
0.5G SALT
PER SLICE

STEP 1 Pre-heat the oven to 180°C/gas mark 4.

STEP 2 Butter and dust a loaf tin with flour. Cream the sugar and butter until fluffy and white. You can use a spoon but an electric whisk is quicker.

STEP 3 Loosely beat the eggs with the lemon, vanilla and salt, then slowly beat into the butter until they are thoroughly mixed in. Sift the flour and polenta, then slowly beat in for a nice loose batter.

STEP 4 Bake for 1 hour. Check if it's done by inserting a metal skewer - if it comes out clean, the cake is cooked. Otherwise, return to the oven for another 10 mins. When done, cool for 5 mins then turn out and let cool completely.

STEP 5 Blend the raspberries with the rest of the ingredients, using the lemon juice and sugar to taste. Serve the cake with the sauce.

Serves 12

- 250g butter
- 150g plain flour
- 220g caster sugar
- 4 free-range eggs
- Zest and juice of 2 lemons
- ¼ tsp vanilla extract
- A good pinch of salt
- 75g finely ground polenta

FOR THE BERRY SAUCE:

- 300g fresh raspberries
- Juice of half a lemon
- 3-4tbsp icing sugar
- 1tsp rose water
- 150ml double cream
- 2tbsp cassis

■ This recipe appears on www.HomeAway.co.uk/travelcookbook



Recipe twist!

MAKE IT SKINNY

Cut the creamy raspberry sauce and instead serve with just fresh raspberries - you'll save 90 calories, 7g fat and 4g saturates per slice.



Taste test... Spinach & ricotta-filled pasta

Lovely for a light summer dinner, but which tastes best?

Giovanni Rana Fresh Ricotta & Tender Spinach Tortellini

£1.99 per 250g pack
Cooks in one minute so ideal for instant suppers (not for veggies: the cheese contains animal rennet). It's a bit lacking in flavour though. ★★★



376 CALS
12.4G FAT
1.9G SALT
PER HALF PACKET

Marks & Spencer Italian Ricotta & Spinach Ravioli

£2.99 per 250g pack (V) Lovely, firm pasta with plenty of filling and a delicious buttery (if a bit salty) flavour. Ideal for a mid-week dinner. ★★★★★



355 CALS
17G FAT
2G SALT
PER HALF PACKET



The Fresh Pasta Company Ltd Handmade Spinach, Ricotta & Walnut Tortellini

£5.99 per 250g pack Pricey, but the filling has a fresh flavour and the pasta just the right amount of "bite." Find at Waitrose. ★★★★★



321 CALS
12G FAT
1.4G SALT
PER HALF PACKET