

# Pantry PERFECT

Sorting out cluttered cupboards cuts down on waste, saves money and sets you up for spring, says organising guru **Nicola Lewis**



Decluttering pro Nicola is the founder of This Girl Can Organise. Find more tips in her book, *Mind Over Clutter*. @thisgirlcanorganise



**1 TAKE STOCK** First up, take an inventory of what's inside the cupboard – does anything need using up, or replacing? This is a great way to prevent food waste and it's thrifty as well. I jot everything down on a notepad and attach it to the inside of the cupboard door with some zero-plastic sticky tape.

**2 MAKE A DATE** Check the use-by dates of your products, discarding any that are too old. And when you refill your food jars and containers, remember to jot down the new use-by date on a small label and stick it to the base of the container.

**3 SNIFF OUT OLD SPICES** Make a point of sorting through your spices, as it's so easy to lose track of these. Most ground spices and dried herbs last from one to two years, while whole spices, such as nutmeg, keep for up to four. Give them a sniff – if they have no aroma, they probably won't have much flavour either. Chef Romy Gill has some delicious ideas for using up the spices and herbs in your cupboards – see overleaf.

**4 MAKE A CLEAN SWEEP** Once you've emptied out your cupboards, give them a deep clean to get rid of any nasties like bacteria, allergens and pests. I prefer to use microfibre cloths and eco-friendly plant-based sprays, which are safe for my family, pets and, most importantly, the environment.

**5 RESTORE ORDER** Organise your products as you put them away. Make sure the labels are visible, and that they're easy to grab when you're cooking. Stack them in alphabetical order or colour order – whatever floats your boat. Try grouping things too – keep all the baking ingredients together, or rice and pasta, spices and herbs, and so on.

**6 ACE THE SPACE** Are you using the cupboard space efficiently? A three-tier shelf organiser makes smaller jars easy to spot. Try empty fruit punnets as organisers, and repurpose jam jars too. Give them a good clean, then stick on masking-tape handwritten labels – or Kilner chalk labels if you like things pretty – and use them to store nuts or lentils.

Illustrations Bett Norris

## Cupboard clear-out

### GET IT SORTED

Cut the grime and clutter with clever cleaners and efficient storage



**Method Antibacterial All Purpose Cleaner Peach Blossom**  
828ml £3.50 (42p/100ml)



**Ocado Antibacterial Biodegradable Multi Surface Citrus Wipes**  
120 per pack £2.50 (2.1p each)



**Delphis Eco Glass and Stainless Steel Cleaner**  
700ml £4.50 (64p/100ml)



**Sorbo Star Print Microfibre Cloths**  
5 per pack £3



**Brabantia Glass Jar Set**  
3 per pack £24.75



**Carrinet Veggie Reusable Fruit & Veg Bags** 5 per pack £7



**Kilner Glass Clip-Top Spice Jar Set** 6 per pack £17



**Copco Three Tier Cupboard Shelf Organiser** £7

# Spice things up

Don't let dried herbs and spices languish in the cupboard, says **Romy Gill**, as she puts those punchy pots of fast flavour to work

Zaatar pork chops, sweet potato purée and fennel and apple salad (recipe p55)



£3.04\*  
PER PORTION



Romy Gill MBE is a British Indian chef, restaurateur, food and travel writer and broadcaster. @romygill



74p\*  
PER PORTION

**CAULI WITH A KICK**

**WHOLE ROASTED TANDOORI MASALA CAULIFLOWER**

"This light main is also good as a side – and the sauce is SO addictive."

**Serves 4 • Takes 1 hr, plus marinating time**

**Ingredients**

- FOR THE CAULIFLOWER**  
 3tbsp tandoori masala  
 1tsp garlic powder  
 ½tsp salt  
 juice of ½ lemon  
 4tsp sunflower or olive oil  
 1 large cauliflower, whole, larger outer leaves removed

**FOR THE SAUCE**

- 1tsp sunflower or olive oil  
 1tsp grated ginger  
 400ml coconut milk  
 1tsp tandoori masala  
 juice of ½ lemon

**TO SERVE**  
 pilau rice

1. For the cauliflower, combine the first 5 ingredients. Rub into the cauliflower and marinate on a baking tray at room temperature for 30 mins. Preheat the oven to 200°C/180°C fan/gas 6.
2. Cover the cauliflower with foil and roast for 40 mins, then remove the

foil and roast for 20 mins, until tender when pierced with the tip of a knife.

3. Meanwhile, make the sauce. Heat the oil in a pan, add the grated ginger and cook for 1 min. Add the coconut milk and tandoori masala and cook for a further 8 mins. Turn off the heat, then stir in the lemon juice.

4. Pour half the sauce into a serving dish and place the cauliflower on top, to carve at the table. Spoon more sauce on top of the cauliflower if you like, and serve with pilau rice.

**PER SERVING 286cals, 22g fat (16g saturated), 7g protein, 12g carbs, 8g sugar, 5g fibre, 0.9g salt; 1 veg portion**

£2.69\*  
PER PORTION

Chicken in  
chinese five  
spice with  
coriander  
chutney and  
choi sum  
(recipe p55)



**SWEET AND FRAGRANT**

**GRAM FLOUR SHORTBREAD WITH FENNEL AND ROSEMARY**

"Milled from split chickpeas, gram flour has a nutty flavour and is naturally gluten free, while fennel seeds and rosemary add depth to the flavour. Just the thing for nibbling with a cuppa."

**Makes 20-25 • Takes 25 mins, plus chilling time**

**Ingredients**

- 200g **gram flour**, plus extra for dusting
- 100g **unsalted butter**, grated
- 75g **golden caster sugar**
- 1tsp **fennel seeds**, crushed
- 1tsp **dried rosemary** (or small handful of fresh rosemary leaves, finely chopped)
- 3tbsp **milk** (any will do)

1. Sieve the flour into a large mixing bowl, add the rest of the

ingredients and use your hands to combine until the mixture comes together in a dough. Dust a work surface with gram flour and shape and roll the dough into a log around 20cm long (use baking paper when rolling to help you get an even shape). Wrap and chill for 2 hrs. 2. Preheat the oven to 180°C/160°C fan/gas 4 and line 2 baking trays with baking paper. Remove the dough from the fridge; cut into 1cm-thick discs – the dough should make about 20-25. Lay them on the baking trays; bake on the middle shelf of the oven for 15 mins, until golden. 3. Transfer to a wire cooling rack to cool completely. The shortbreads will keep in an airtight container for 2 weeks.

**PER BISCUIT 73cals, 4g fat (2g saturated), 2g protein, 7g carbs, 4g sugar, 1g fibre, 0g salt**

1. Sieve the flour into a large mixing bowl, add the rest of the



6p\*  
PER BISCUIT



#### MIDDLE EASTERN MARINADE

### ZA'ATAR PORK CHOPS, SWEET POTATO PURÉE AND FENNEL AND APPLE SALAD

"Za'atar is made from a mix of sumac, sesame seeds and dried herbs. It lends these chops a deep savoury flavour that works well with the fresh and fruity salad."

**Serves 4 • Takes 50 mins, plus marinating time**

#### Ingredients

- 3-4 pork chops
- 2 medium onions, sliced
- 3 small sweet potatoes, peeled and cut into chunky dice
- 4 large garlic cloves, crushed or grated
- 2tbsp za'atar
- 1tsp ground cumin
- ½tsp ground turmeric
- 1tsp salt
- 6tsp olive oil
- 50g natural yoghurt
- 70ml cider vinegar or white wine vinegar

#### FOR THE SALAD

- 4-5tsp olive oil
- ½tsp sea salt
- 1tsp caster sugar
- 1 small green chilli, chopped
- 1tsp fennel seeds, crushed
- juice of 1 lime
- 1 fennel bulb, sliced thinly
- 2 Granny Smith apples, peeled and thinly sliced
- large handful of dill, chopped

1. Put the pork chops, onions and sweet potatoes into a roasting tin. Combine the garlic, spices, salt, olive oil, yoghurt and vinegar in a small bowl, then rub into the pork chops and veg. Leave to marinate at room temperature for 30 mins.
2. Preheat the oven to 200°C/180°C fan/gas 6. Make the salad by whisking together the oil, sea salt,

sugar, chilli, fennel seeds and lime juice, then add to a bowl along with the sliced fennel, apples and dill. Stir well to combine and set aside.

3. Put the roasting tin with the pork chops and veg into the oven; roast on the middle shelf for 35-40 mins. When the sweet potatoes are tender, remove them and most of the onion from the tin, then switch off the oven and return the pork to keep warm. Transfer the sweet potatoes and onion into a blender, add 50ml hot water and blitz into a purée (or use a stick blender or potato masher to combine).

4. To serve, remove the pork chops from the oven and cut into slices. Add a swirl of sweet potato purée to each plate, then top with the slices of pork divided between the plates. Pour over any juices from the tin; scatter over the remaining onion and finish with a grind of black pepper. Serve with the salad.

**PER SERVING 590cals, 19g fat (5g saturated), 53g protein, 57g carbs, 23g sugar, 9g fibre, 2.3g salt; 2 veg portions**



#### EAST MEETS ROAST

### CHICKEN IN CHINESE FIVE SPICE WITH CORIANDER CHUTNEY AND CHOI SUM

"That little jar of Chinese five spice nestling in your cupboard is a brilliantly balanced combination of the five tastes – sweet, sour, salty, bitter and umami – and can turn a roast dinner into something special. This recipe is a regular staple in my family."

**Serves 4 • Takes 1 hr 30 mins, plus marinating time**

#### Ingredients

- 1.5kg whole chicken
- FOR THE MARINADE**
- 4tsp chinese five spice
- 1tsp ground ginger
- 1tsp chilli flakes
- ½tsp salt
- 4tsp light soy sauce
- 2tsp honey
- 3tsp sunflower oil
- 4 garlic cloves, crushed or grated

#### FOR THE CHUTNEY

- 25g coriander, chopped
- 3 spring onions, chopped
- 1tsp chilli flakes
- 1tsp ground coriander
- 30g cashew nuts
- 1tsp honey
- ½tsp salt
- 4tsp sunflower or olive oil

#### FOR THE CHOI SUM

- 1tsp sunflower or olive oil
- 400g choi sum (or pak choi), stalks separated and trimmed
- 2tsp light soy sauce
- ½tsp chilli flakes
- ½tsp sesame seeds, toasted
- TO SERVE**
- plain boiled rice

1. Place the chicken in a roasting tin. Mix the marinade ingredients together in a bowl, then rub into the chicken. Leave to marinate at room temperature for 30 mins. Preheat the oven to 200°C/180°C fan/gas 6.
  2. Roast the chicken breast side-up in the middle of the oven for 1 hr 10 mins, basting twice, until the juices run clear when a skewer is inserted into the thickest part of the thigh.
  3. Meanwhile, make the chutney by blending all the ingredients with 50ml water in a food processor or blender until fairly smooth.
  4. When the chicken is cooked, turn off the oven but leave the chicken inside for a further 15 mins to rest. Meanwhile, heat the oil in a non-stick pan, add the choi sum, toss and cook for 1 min on a high heat. Stir in the soy sauce and chilli flakes. Turn the heat down to low, cover the pan; cook for 2-3 mins. Scatter over the sesame seeds.
  5. Carve the chicken and serve with the coriander chutney, choi sum and some plain boiled rice, if you like.
- PER SERVING 453cals, 20g fat (4g saturated), 60g protein, 8g carbs, 6g sugar, 3g fibre, 2.1g salt; 1 veg portion**