

Coverage Achieved: Consumer regional editorial

Shropshire Star

If you're looking to get healthy for Summer try new Davidstow Cornish Classic Lighter which has 30 per cent less saturated fat.

Although the new Classic Lighter has less fat, it is still typically matured for 14 months to deliver a perfectly balanced, rich, long-lasting, nutty flavour, creamy texture and pale colour. As part of a balanced diet, it's a great everyday cheese which is delicious in a tasty cheese and Cornish Crelow Pickle sandwich, on its own with crackers, chunked into a salad, grated into a quiche or as an ingredient in one of the delicious recipes created for Davidstow by the celebrated, two-Michelin starred chef, Nathan Outlaw. Grilled Pear, Pickled Walnuts and Davidstow Cornish Classic Lighter on toast is very simple and makes a satisfying snack any time of day.

Grilled Pear and Pickled Walnuts with Davidstow Cornish Classic Lighter on Toast

(Preparation Time: 15 minutes
Cooking Time: 5 minutes Serves: 4)

Ingredients

1tbsp English mustard
Juice of 1 lemon
2tsp walnut malt vinegar (from a jar of pickled walnuts)
1 clove of garlic, peeled and crushed to a paste
Sea salt and ground black pepper
100ml extra virgin rapeseed or olive oil plus extra for drizzling
4 large pears, firm and ripe
4 pickled walnuts, sliced and diced into small chunks



150g Davidstow Cornish Classic Lighter grated
8 chunky slices of sourdough or bread of your choice
2 good handfuls of rocket or watercress

Method

1. Heat the grill.
2. Make the dressing by adding the mustard, lemon juice, walnut vinegar, garlic and seasoning. Whisk together and slowly add the oil, reserve until required.
3. Take a grill tray and drizzle a little oil over it and season the tray. Peel and slice the pears across widthways. Lay them on the tray and gently grill them for 2 minutes.
4. Remove the pears and then toast one side of the bread. Turn the bread over and lay the pears onto the bread, followed by a few pieces of walnut and cheese. Return to the grill until the cheese is golden.
5. Serve topped with a handful of rocket and drizzled with the dressing.

This summer, enjoy all the vibrancy and flavours of the Med with the Aleyna Sun Kissed range. The Aleyna Sun Kissed range includes Sun Kissed Tomatoes and Sun Kissed Peppers, all of which can be enjoyed as nibbles or can be added to a variety of dishes to create that mouth-watering Mediterranean flavour.

Aleyna Sun Kissed Tomatoes are juicy with a sweet, rich flavour. Similarly, the Sun Kissed Peppers are sun ripened naturally sweet with a delicate touch of garlic and oregano. Both products are guaranteed to bring a touch of sunshine to all tables.

- Sun Kissed Tomatoes are available at Morrisons, £2.00 and Co-op from 18th July
- Sun Kissed Peppers are available at Morrisons, £1.89 and Co-op from 18th July



Peter Popple's Popcorn is a healthy snack for kids and all the family. It's great as a lunchbox picnic filler or an anytime treat.

The range is made with natural flavours and ingredients and is air-popped so it's cooked without lots of greasy oils. It comes in four flavours - Cheddar Cheese, Salt & Vinegar, Fruit Chutney and Golden Syrup.

The brand is based on Peter Popple, a young scientist who loves everything that goes pop and the science behind it. Of all of his experiments Peter's passion is making the perfect popcorn.

Peter Popple's Popcorn comes in 20g servings and as a healthy and nutritious wholegrain, is equivalent to more than half a daily portion of brown rice or wholewheat pasta.

It's low in fat (under 100 calories per pack) and light in texture, so doesn't fill kids up in place of a regular meal, but leaves you feeling fuller for longer than most snacks. It has a dose of B vitamins to boost energy.

