



# **Sophie Kooks Month by Month: May: Quick and Easy Feelgood Seasonal Food for May from Kooky Dough's Sophie Morris**

*Sophie Morris*

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‘Summer is here! It’s funny how even a little sunshine has a way of making people beam. For me, May means long walks in the evenings, eating outside in the garden (whenever possible) and lots of healthy, fresh salads to use up all the lovely summer veg that’s available’. Enjoy gorgeous May recipes, including: Sirloin Steak Salad with Asian Greens, Mum’s Epic Chocolate Mousse, Roast Asparagus in Parma Ham, Lemon Crunch, Chicken and Broccoli Gratin, Fish Goujons with Quick Tartare Sauce and Minty Pea Puree, Melktert, Lemon and Garlic Lamb Chops with Peanut Pesto and Chilli Potato Salad.



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