

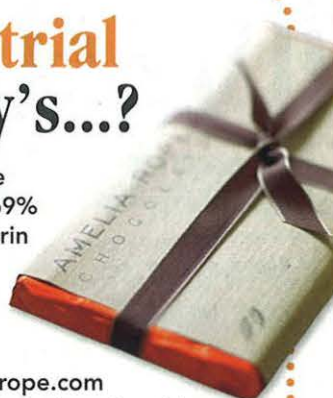
-flavoured chocolate on trial more to life than a Terry's...?



Cocoa Bijoux Mazet Dark Orange, £4.50 (100g), www.cocoabijoux.com

This was a hit with the team as it was most similar to a Terry's Chocolate Orange, but with better-quality chocolate. Worth the price. And if you like cloves, you must try the Orange Clove version. It's pure, spicy indulgence in a bar.

Amelia Rope handmade 69% Dark Mandarin Edition 01 chocolate, £5.60, (100g), www.ameliarope.com
Don't shudder at the price, this truly is the best orange chocolate we've tasted. The chocolate was smooth and creamy and the orange flavour lacked the bitter aftertaste you get with some lower-quality bars. Quite simply, delicious!



Eat the world this evening

These will take you round the world from the comfort of your own home

Nem Viet Vietnamese Pho Kit, £2.69 (160g, serves 2-4), Waitrose
Inspired by the Vietnamese feast on p52-53? This meal kit tastes authentic and all you'll need to add is the meat and beansprouts for a taster of this wonderful cuisine — before you're converted enough to attempt to make it from scratch.



M Kitchen Pizzas, £1.50 each (serves 2-4), Morrisons

We loved the flavours of the Goats' Cheese, Red Onion & Spinach and the Mozzarella, Cherry Tomato & Pesto pizzas, but not as much as we loved the price! Enjoy them on their own, or use as bases to add more toppings to.



Rustic Indian curry sauces, £3.99, (serves 4), Budgens and Ocado
Most takeaway curries are a long way from real Indian cuisine, so if you'd like to taste some more authentic flavours, these four sauces will hit the spot. The Fiery Mirchi was our favourite — don't just save it for a curry, it tastes great in a cottage pie, too!



NuMe Chicken & Squash Spelt Risotto, (400g, serves 1), £1.75
Up your level of fibre with this delicious spelt risotto. Great value for the price and it makes a filling lunch or dinner for those watching their waistline.



Naughty vs nice... fibre filled cereals

Tesco Finest* Multigrain, Blueberry & Raspberry Granola, £2.79 (500g)

If you're going to indulge, do it in style. This granola combines oat, barley and quinoa flakes with nuts, seeds and dried fruit. It's a good way to up your levels of fibre and omega-3 oils.



Sharpham Park Organic Spelt Porridge Flakes, £2.95 (450g), Waitrose or www.sharphampark.com
If you've been inspired by Rachel Green's championing of bowel cancer awareness on p82, these spelt porridge flakes, mixed in equal quantities with your regular oats, will double the level of fibre in your daily breakfast bowl.

Become an egg-head this spring...

It's not all about chicken eggs you know! Try these varieties out if you fancy a change from the norm...

Clarence Court Turkey Eggs, £2.99 (for 2), Waitrose

These are only available from April to June. Soft-boiled and served with soldiers, they're a real breakfast of champions — but you will need a slightly bigger egg cup...



Posh Birds Duck Eggs and Quail Eggs, £2.15/£2.35, (for 6/12), widely available

Duck eggs make a delicious poached egg with their rich, bright-yellow yolks — use to top a potato hash or rosti. The quail eggs are best enjoyed hard-boiled — give them four minutes — and then dipped in herb or celery salt.

