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## Five-a-day in just one bowl IT'S THE NEW SUPER-SOUP

RIVER COTTAGE EXCLUSIVE

Celebrating 20  
trailblazing years with  
Hugh F-W & friends

RECIPES TO SPARK JOY  
The secret's in the spice

'COME FOR DINNER!'  
How to do it on a  
weeknight (and  
stay sane)

MIDWEEK MEALS  
UNDER 500 CALS

### BE A BETTER COOK

- STEP-BY-STEP: HOMEMADE PASTA
- EXPERT DIY: MIXED-FRUIT MARMALADE
- KNOW-HOW: SLOW-COOK BEEF CUTS

Best veg soup  
with fluffy ricotta  
dumplings

SLOW-ROAST LAMB MEETS CURRY • OUTSTANDING BERTINET BREAD RECIPES • SPICED CARROT CAKE • MEAT PIES

