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SUPPER SORTED

As autumn kicks in, so does the appeal of spicier, heartier dishes – and if they're simple to put together, so much the better. Authentic pastes and high-quality rice make Eastern dishes brilliantly easy, while new ready-meals bring quick, quality culinary comfort



Perfect night in...

Menu From Waitrose is launching 12 new exciting ready-meals for you to try this season. The range offers a variety of delicious starters, mains and side dishes, to suit every taste. Why not try this warming Salmon & Watercress Strudel for two, made with sustainably caught salmon? Or, for spiciness, try the Oriental Kung Pao Chicken.



The quality choice

Tilda Pure Basmati Rice is the perfect partner to any curry. It's of the highest quality and cooks up lightly and fluffily, with a tantalising taste and magical aroma. For more information and to watch a video recipe of the delicious chicken curry, above, and many more, visit tilda.com.



True taste of the East

This authentic, new range of Malaysian ingredients stems from traditional family recipes; it makes its way from Malaysia to Waitrose without the use of additives or preservatives. The Laksa Paste creates a hot, creamy prawn noodle soup, and making a spicy, sweet and sour curry is as easy as opening a jar of Rendang Curry Paste. For more ideas, see recipe suggestions on jars.

