



John & Gregg's SIDE DISH

What's hot for foodies? MasterChef's John Torode and Gregg Wallace serve up their secret tips...

JOHN SAYS Thanks to their health benefits, chia seeds are big news at the moment. High in antioxidants, omega 3, protein and fibre, they're great added to muesli, salads, soups, stir-fries, smoothies or juices. *From £3 for 100g from health food stores or www.thechiaco.com.au.*



GREGG SAYS Chocoholics may already know Valrhona's amazing chocolate, and its new Caramelia Perles Craquantes (crunchy pearls) bar is seriously good – it has a lovely caramel taste and a silky texture that contrasts with the crunchy bites of toasted, puffed cereal. *£5.95 for 100g bar, www.harveynichols.com.*



JOHN SAYS I've recently come across kicap manis, a fantastic sweet soy sauce from Malaysia, which adds a rich, deep flavour to simple noodle dishes and stir-fries. It's also excellent in barbecue marinades. *From £1.99, supermarkets.*



GREGG SAYS Don't forget to come and see us, our 2013 MasterChef champ Natalie Coleman (left) and a host of other MasterChef faces at the brilliant BBC Good Food Show Summer at the NEC, Birmingham, from Wednesday to Sunday this week. *www.bbcgoodfoodshowsummer.com.*



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