

How can you get 'That Friday Feeling' on any day of the week?

the tunnel. Peeding the family can be a stressful dusiness, dut there is light at the end of

where everyone gets to choose their own meal, then chats and chills-out while We asked lots of busy Mums and they told us that the Friday night take-away,

However, takeaways can be a bit pricey for more than the occasional treat, they eat is a great way to banish the usual supper-time stresses.

for easy-to-assemble meals the whole family will love. which is where Quality Standard Pork comes in with some great suggestions

... qeos stiruovet ecoking while you relax in front of your rest of the family to take eare of the Porkizza are such a breeze to put together that you might just persuade the else cooked them! Chilli Pork Nachos, Tortilla Wraps, Chinese Sticky Ribs and One of the things our Mums liked most about take-aways was that someone

any time the mood takes you... means you can get that Priday feeling with preparing food that's fun to share Getting the whole family to muck-in

take away. or call us on **01908 609 821** For further information and recipe ideas visit www.meatmatters.com welfare, quality control and traceability. using ingredients produced to very high standards of the Quality Standard Mark to ensure you're or ham always look out for meat carrying When buying pork, bacon, sausages

Location and model photography David Leahy Food photography Steve Lee Slylist Jo Harris Home economist Clare Greenstreet

kids piled on when they were trying to make it look as

Popkizza" says Rosalind. It's amazing how many veg the

relaxing, fun mealtime. "Claire loved helping to make the

she and Claire can snuggle up on the sofa and enjoy a

breadwinner, Rosalind particularly values the time that

said Clare, "it was like having a bunch of your friends around to try out

when it came to testing the ideas for this booklet. "It was great fun" family lives and mealtimes. That's why they were so helpful to Clare

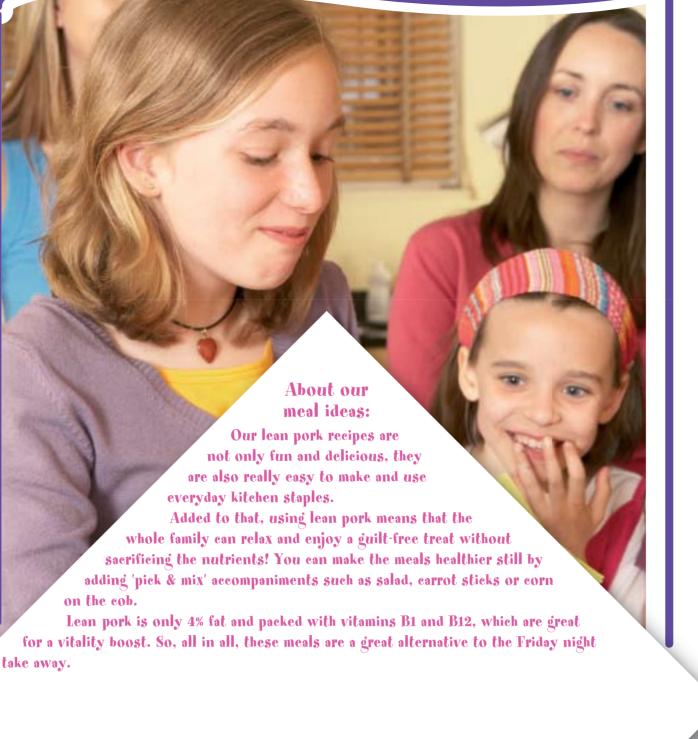
Our panel of Mums knows all about the highs and lows of juggling busy

As a busy Mum, part-time student and family

"!sldissoq se lutuolos bne theird

Rosalind and Claire

recipes and swap ideas!"







chinese

Sticky

Tibs



pork tortilla wraps