

Nigel Slater's Simple Suppers

BBC1, Friday, 8pm



Most people don't have time to cook complex recipes in their everyday lives.

So Nigel unveils a week's worth of delicious recipes which are uncomplicated.

He raids his cupboards, fridge and vegetable patch to show how everyday ingredients can produce spectacular results.

Nigel says: "Some people stick too closely to recipes, but I want them to look at my food and think: 'I could change that a bit' – it's a confidence thing really." The series is part of the BBC's Dig In campaign. ★★★★★