

Sainsbury's magazine

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Serve up some *sunshine...*

- * Caribbean hotpot
- * Spanish chicken pie
- * Greek pasta bake

'How I lost 11 stone'

Tom Kerridge's
weight-loss
secrets



TIME FOR A GETAWAY?

- * Dubrovnik
- * Venice
- * Marrakech
- * Porto

Spice up
winter gloom
Caribbean lamb
hotpot
page 72

FABULOUSLY FUDGY!

John Whaite's salted
pecan and white
chocolate brownies

DATE-NIGHT DINNERS REINVENTED

True love means...
a healthier supper

20

THINGS
EVERY
COFFEE
DRINKER
SHOULD
KNOW





Relax in 'contemporary luxury' at The Athenaeum; top-quality fare from the Galvin brothers

WE LOVED IT...

THE ATHENAEUM, LONDON BY HELENA LANG

◆ **What is it?** A five-star family-run hotel by Green Park. It offers friendly, personal service and contemporary luxury.

◆ **What's the room like?** Dominated by a chic, glass four-poster, our glamorous suite looked out over the red London buses to the tree-filled park. There was also a strangely soothing slight rumbling of the Piccadilly Line below.

◆ **And the food?** With the Michelin-starred Galvin brothers at the helm, it has become a 'must' for foodies. Simplicity is at the heart of the menu as are top-quality ingredients.

◆ **Don't miss:** A drink in what is possibly the most beautiful bar in London with its famous whisky collection.

How to book Doubles from £240, including breakfast (athenaeumhotel.com).



TRAVEL notebook



Our globe-trotting travel editor **Francesca Syz** is always on the go – seeking out experiences you'll love



If you're escaping to warmer climes this month, check out the new beachwear line from Sunuva, which includes this gorgeous canvas boho-chic Women's Multicolour Stripe Beach Bag, £58 (sunuva.com)



Stay at brand-new Kandima for luxury in paradise

Q My kids are mad about snorkelling and I'd love to take them to the Maldives. Can you recommend a resort that's not just for couples?

A Family holidays in the Maldives are a thing now, but some do it better than others. Per Aquum Niyama and Soneva Fushi are great. I'm also excited about Kandima in the Dhaalu Atoll (a 40-minute seaplane from Male), open from 10 February. It has 10 restaurants, an impressive kids' club, marine biology centre and snorkelling. It offers sky studios from £320 per night for two adults on a half-board basis, with one child under 14 complimentary, and a second at £29 per night (kandima.com).

A TASTE OF CYPRUS

Along with Aarhus in Denmark, Paphos in Cyprus is this year's European Capital of Culture. One of the city's top hotels, The Almyra, has five tips for visitors:

- 1 Buy meats and pâtés from Mesogiaki Gonia Wine & Deli in the King's Avenue Mall (kingsavenuemall.com).
- 2 Attend one of the olive oil tastings at Oleastro (oleastro.com.cy), a 40-minute drive up the coast in Anogyra.
- 3 Eat Cypriot specialties at Ouzeri at Almyra (almyra.com) or try Koutourou and Hondros Tavern.
- 4 Book a wine tasting at Annabelle hotel (annabelle.com.cy).
- 5 Learn to make halloumi with a cheesemaker in the village of Axylou.



Dine at The Almyra and enjoy a range of Cypriot specialities



Country comfort: treat yourself to a relaxing break

THE ILSINGTON ON DARTMOOR

Now is the moment to sneak off for a spa break and a great option is the family-run Ilsington Hotel on Dartmoor, which has a new spa with pools, sauna, steam and treatment rooms and a gym. Book a two-night break between now and 13 April, which includes

breakfast, a cream tea on arrival, a bottle of Prosecco in your room, dinner on one night, use of the spa and two free spa treatments worth up to £80 and pay just £375 for two* a **SAVING OF 20%**. Book direct and quote 'Sainsbury's' (ilsington.co.uk).

HOT HOTEL OFFER

*SUBJECT TO AVAILABILITY. THE STAY CANNOT BE TAKEN ON 14 FEBRUARY AND IS VALID FOR BREAKS BETWEEN SUNDAYS AND THURSDAYS ONLY. OFFER ONLY APPLICABLE TO STANDARD ROOMS.