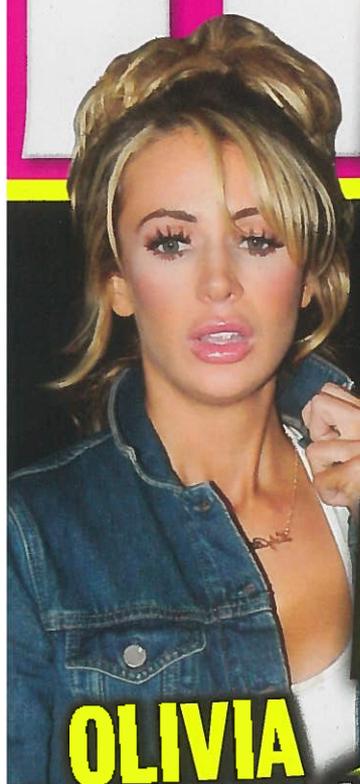


**MARK & MICHELLE**  
Inside their dramatic restaurant bust-up

**40P CHEAPER THAN CLOSER\***  
\*Based on its usual cover price



**LAUREN WARNED**  
'You won't tame jailbird Joey'



**OLIVIA**  
Devastated as Brad's link to a rape trial emerges



# Now! DITCH YOUR BAD BOYS!



**JORDAN**  
Risks heartbreak as she chases love rat after split from Kieran



**KHLOE**  
Branded a 'doormat' for choosing cheat Tristan over her family



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**MANCHESTER BOMBING ONE YEAR ON**

'I'll treasure every moment I had with Georgina'



This version of this edition was current at the time of going to press - other versions of this issue may be distributed, the content of which may vary from the contents of this magazine

# CELEB BITES

## Alexandra Burke

**T**he 29-year-old singer and former *Strictly* star reveals her ideal dinner date and the real reason she likes a glass of red wine...



Her signature dish is spag bol

all the raw fish and the rolls. We love it because the food's great and the views are amazing. **What's your favourite alcoholic tippie?** That would be red wine – because

**Is there any food you hate?**

Thankfully, I'm not fussy when it comes to food. I don't really try too many things though – I kind of stick to what I know.

**What is your signature dish?**

Spaghetti bolognese.

**What would you cook for dinner to impress your fiancé, Josh Ginnelly?**

I'd do him a roast lamb because I love doing that and my mum [late singer Melissa Bell] gave me a good recipe.

**Do you have a favourite restaurant?**

SUSHISAMBA in London. We order

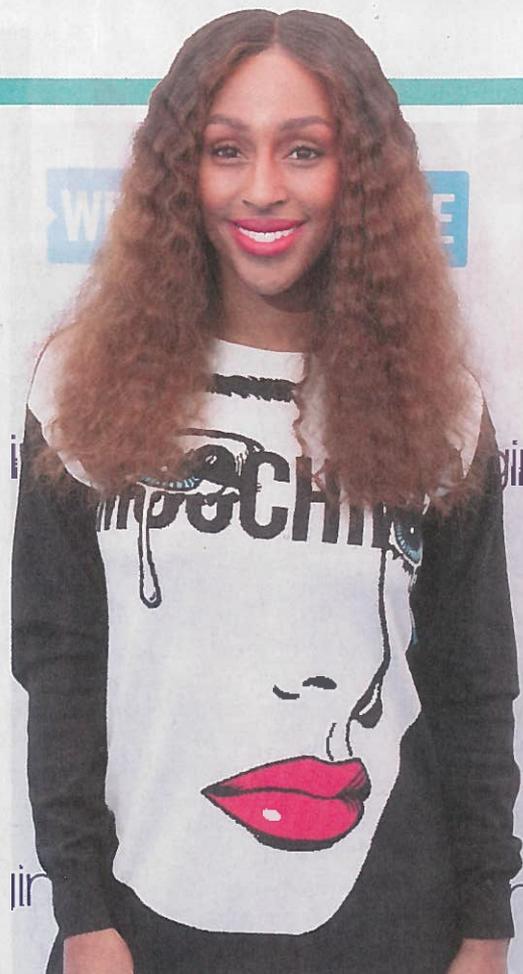
I think it makes me look mature! **Which celeb would you love to have dinner with?**

Adele, because of how much she supported me on *The X Factor*.

**What would you choose to eat for your last supper?**

The starter would be a traditional Jamaican dish, which is called ackee and saltfish. My main would be a roast with all the trimmings, then pudding would be apple crumble and custard.

Alexandra is supporting SlimDance, a new SlimFast campaign that champions dance for weight loss. Find out more at [Slimfast.co.uk](http://Slimfast.co.uk)



### TAKING THE BISCUIT!

If you love a nice cup of tea and a couple of biscuits, then get yourself ready for National Biscuit Day on May 29. To celebrate the British tradition, we've been enjoying tea breaks with these delicious Elizabeth Shaw biscuits. They come in four flavours; Mint & Cocoa, Raisin & Hazelnut, Raisin & Cocoa and Coconut & Hazelnut. £1.79 for a 140g pack. Available at Tesco and Sainsbury's.



### COCONUT CRAZY

We're constantly being told to lead healthier lifestyles, so we're always looking for ways to make our everyday meals that bit more nutritious, yet delicious. Luckily, Dr. Bronner's organic whole kernel coconut oil has that covered with its aromatic, nuttier-tasting oil alternative all the way from Sri Lanka. With plenty of organic coco goodness, you'd be loco not to try it! £8.99 per 440ml jar.



## Chicken satay stir-fry

This healthy version of the Chinese classic makes a great midweek meal...

SERVES  
2

RECIPE  
OF THE  
WEEK

#### INGREDIENTS

2-3 tsp coconut oil  
1 small onion, diced  
1 orange, yellow or red pepper, chopped  
½ courgette, sliced  
120g quinoa  
2 chicken breasts, sliced into chunks  
Sea salt and freshly ground black pepper

#### FOR THE SATAY SAUCE

1 tsp crunchy peanut butter (or other nut butter)  
1 tsp honey  
Juice of ½ lime

#### METHOD

- Add the coconut oil to a large frying pan with the onion and cook for 5 minutes over a medium heat. Add the rest of your veg to the pan and increase the heat to medium-high. If you like your veg to have a crunch to it, stir for about 7-10 minutes.
- In the meantime, add your quinoa to a pan of boiling water and cook for about 15 minutes.
- Remove the vegetables from the pan. Add the chicken breast to the pan, season and cook until brown, then turn down the heat.
- Add the nut butter and honey to the pan and, over a low heat, coat the chicken, stirring to combine for about 1 minute, then remove from the heat.
- Drain the quinoa well and toss with your vegetables. Plate up, add the sticky satay chicken, squeeze over your fresh lime, then tuck in.



To order *Get It Done: My Plan, Your Goal: 60 Recipes And Workout Sessions For A Fit, Lean Body* by Bradley Simmonds (£16.99, HarperCollins), please call the Express Bookshop with your card details on 01872 562310 or visit [Expressbookshop.co.uk](http://Expressbookshop.co.uk). UK delivery is free.

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