

# HELLO CUPID

## Valentine's Day 101

No need for guesswork here. From the best aphrodisiac foods to get you in the mood for love, to the easiest way to rescue your over-spicy curry, we've thought of everything to make sure cupid's arrow hits the mark on Valentine's Day

### STAYING IN OR GOING OUT?

70%

are planning on staying in and cooking a romantic meal for their partner instead of going out to a restaurant



### COOK YOUR WAY TO THEIR HEART

66%

of us believe that the way to a man's heart is through his stomach



72%

think date night is more romantic if our other half cooks for us



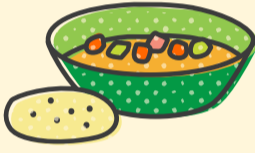
### PUT LOVE ON THE MENU

Here are the 3 most popular date-night recipes across the UK

steak & chips



spicy  
curry



lasagne



### WHAT'S OUR FOODIE TURN ON? 🍷👍

chocolate

38%



champagne

31%



oysters

27%



asparagus

4%



### FOODIE TURN OFFS 🍷👎



4% beans



8% garlic bread



40% anything too spicy



48% snails



### LOVE IS THIRSTY WORK

Here are the UK's favourite romantic tipples...

red wine



champagne



prosecco



### DATE + SOS

The 3 top reasons for a date night disaster...



18%

"I burned the food!"



13%

"We drank too much"



12%

"We had a row!"