

FITTER

365

MENOPAUSE SUPPORT MENU



MENU

KEY

- Ω Rich In Omega 3's
- P Rich in Phytoestrogens

QUICK MEAL IDEAS

- Boiled eggs, avocado and fruit
- Scrambled eggs with spinach on rye bread
- Turkey, tomatoes and avocado on rye bread
- Natural yogurt with berries, nuts and seeds
- Fresh soup (shop brought) and add extra cooked protein
- Tin of sardines with rocket, avocados and tomatoes

BREAKFAST (15-20g Protein)

- Berry tofu smoothie p
- Apple pie smoothie
- Carrot cake bircher muesli
- Essential Fatty Acid Boost
Add 1-2 tbsp of either flaxseed, chia or hemp seeds to porridge, yogurt, cottage bowls, smoothies or salad
- Eggs n oats
- Salmon and chive breakfast loaf Ω
- Stewed fruit and yogurt
- Veggie omelette
- Turkey breakfast wraps
- Bosh beans, scrambled eggs and spinach p
- Protein Boost
Consider supplementing with protein powders to meet protein requirements

Pea – helps appetite regulation and blood sugar balance

Whey – supports immune health and increase lean body mass

LIGHT MEALS AND SNACK IDEAS (10-20g Protein)

- Trout And Asparagus Quiche Ω
- Fibre Boost
Add a serving of leftover cold potatoes, pulses, root vegetables or rice to increase resistance starch content and support gut bacteria
- Nojito smoothie
- Thai omega balls
- Salmon And Red Pepper Fishcakes Ω
- Pork And Turkey Protein Bites
- Quick Italian Chicken With Basil And Avocado Dressing
- Savoury Seed Loaf
- Sundried Tomato And Olive Protein Loaf

MENU

MAIN MEALS (15-20g Protein)

- Citrus Salmon With Pea
And Avocado Mash Ω

- Falafel Burgers With
Fresh Mint Dip P

- Ginger Miso Chicken P

- Jamaican Chicken Curry

- Lemon And Turmeric
Chicken P

- Lemon Mackerel On
Moroccan Mash Ω

- Moroccan Lamb And
Apricot Burgers

- Mustard Crusted Salmon
And Pan-Fried Veg Ω

- Nutty Tofu Stir Fry P

- Piri Piri Baked Cod

- Spanish Style Chicken

- Spicy Mince And Peas P

- Spicy Tomato Prawns

MAIN MEALS (cont.)

- Tamari Pork With Cucumber
Avocado Rice P

- Thai Steak Salad

- Tomato, Caper And
Olive Salmon Ω

- Turkey Sweet Potato,
Bacon & Spinach Burgers

CHOOSE 1-2 FITTER SIDES

Rainbow of Vegetables

- Epic Herby Salad

- Great Greek Salad

- Italian Tray Bake

- Quick Ratatouille

Cruciferous Vegetables

- 5-A-Day Slaw

- Baked Cauliflower

- Cauliflower Stir-Fry Rice

- Carrot And Cauliflower
Harrisa Mash

CHOOSE 1-2 FITTER SIDES

Dark Green Leafy Vegetables

- How To Pimp A Salad

- Epic Herby Salad

- Fig And Walnut Greens

Phytoestrogens

- Delish Red Lentil Dhal

- Homemade Hummus

- Hummus Flatbreads

Gut Friendly Carbohydrates

- Balsamic Potatoes

- Beetroot Ratatouille

- Curried Sweet Potato Mash

- Parsnip Mash With
Roasted Veggies

- Power Carbs

SUPER NUTRITIOUS SALAD OR VEGETABLE TOPPERS

- Parmesan, Jarlsberg
or Gouda cheese
Benefit: Calcium and K2

- Broccoli and radish sprouts
*Benefit: Hormone support and
antioxidant protection*

- Kimchi or sauerkraut
*Benefit: Hormone support and
healthy gut bacteria*

- Organic mixed herbs
*Benefit: Micronutrients and
antioxidant production*

- ½ avocado
Benefit: Healthy fats and vitamin E

- Walnuts
Benefit: Omega 3:6

- Seaweed sprinkles
Benefit: Iodine

- Sea Salt or Himalayan Pink Salt
Benefit: Minerals

MENU

DRINKS

Hormone Balancing Teas

Sage tea

2 tbsp fresh sage or 1 tbsp dried sage steeped in hot water for few minutes before draining and drinking

Green tea

Rooibos

Honeybush tea

Peppermint tea

Chai tea

Licorice Tea

DRINKS (cont.)

Alcohol Free Alternatives

Alcohol free beer or cider

Alcohol free spirits with tonic e.g. seedlip

Tonic with sliced cucumber and fresh mint

Freshly squeezed lime or lemon with sparkling mineral water

Virgin Mary

DESSERTS

Dark Chocolate Ginger Bites

Fitter Mint Choc Chip Ice Cream

Rich Chocolate Prune Cake

Sea Salt And Cacao Collagen Chocolates

Portuguese Almond Cake

Crumble for 1

Dark Chocolate, Raspberry and Pistachio Refrigerator Cake



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BREAKFASTS
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APPLE PIE SMOOTHIE



PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

- 100ml water
- 170g fat free Greek yogurt
- 30g oats
- 1 tbsp. walnuts
- ½ tsp cinnamon
- 1 tsp vanilla
- 1 apple, quartered (cored)
- Honey or stevia to sweeten if desired

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

BERRY TOFU SMOOTHIE

PREPARATION TIME: 5 minutes

SERVES:1



INGREDIENTS

- 200g silken tofu (*this is a soft form of tofu, if using firm tofu add a little extra water or milk)
- 1 tsp cocoa
- 1 tsp vanilla extract
- 150g frozen berries (Tip: allow to defrost overnight and add with juices)
- 100ml almond milk
- Water to taste

METHOD

Place all the ingredients in blender and blitz into a creamy smoothie.

*sweeten with 1 tsp. honey, stevia or 1 dried date if desired

BOSH BEANS, SCRAMBLED EGGS AND SPINACH

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4-6

INGREDIENTS

The Beans

- 1-2 tbsp. olive oil
- 3 cloves garlic, peeled and finely chopped
- 2 x 400g tins chopped tomatoes
- 4 tbsp. Worcestershire sauce
- 1 x 400g tin butter beans, drained
- 1 x 400g tin cannellini beans, drained

Eggs and Spinach

- 2-4 eggs, beaten
- 2 handfuls spinach
- Salt and pepper

METHOD

Start by making the beans: heat the olive oil in a pan over a medium heat before adding the garlic and cooking for a couple of minutes (do not burn).

Add the tomatoes and Worcestershire sauce and stir through.

Bring to a simmer and cook for 6 minutes.

Add the beans, stir through and cook for another 6-8 minutes, stirring occasionally.

Whilst the beans finish cooking, warm a little olive oil in a separate pan and add the beaten eggs. Keep stirring the eggs to scramble them.

Finally add the spinach to the pan and allow to wilt down before serving with scrambled eggs and BOSH beans.



CARROT CAKE BIRCHER MUESLI

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

50g oats
 1 tsp. sultanas
 ½ -1 tsp. cinnamon
 1 small carrot, grated
 150ml unsweetened almond milk
 15-20g vanilla protein powder

Topping (Optional)

1-heaped spoonful Greek yogurt
 Squeeze lemon juice
 1 tbsp. walnuts, crushed
 1 tsp. honey or xylitol

METHOD

Place the oats, sultanas, cinnamon, protein powder and carrot in a bowl. Combine the ingredients and cover with almond milk.

Place in the fridge and leave to soak overnight.

Place the yogurt in the bowl and add the lemon, walnuts and honey, top the bircher muesli and serve.



EGGS 'N' OATS

PREPARATION TIME*: 5 minutes

COOKING TIME: 5–15 minutes

SERVES: 1

*Soak overnight if possible



INGREDIENTS

50–80g rolled oats or quinoa, buckwheat flakes, rice flakes
Water, coconut water or unsweetened almond or rice milk
as desired, roughly 350–400ml

2 eggs

1 tsp. vanilla extract

½ tsp. cinnamon

1 heaped tsp. raw honey

METHOD

Place the oats and liquid in a bowl to soak overnight (this aids digestibility).

The next morning, place the mixture in a saucepan over a low heat, and follow the cooking instructions until the porridge reaches your desired consistency. Stir in the eggs and allow to cook in the porridge for a minute or two.

Add a little more water or milk if desired.

Remove from the heat, sprinkle with cinnamon and stir in the vanilla extract and honey, and serve.

SALMON AND CHIVE BREAKFAST BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

10 eggs

1 tsp. bicarbonate of soda

1 courgette, grated

200g smoked salmon, chopped

2 tbsp. of chives, finely chopped

½ tsp. salt

Black pepper to taste

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a loaf tin with greaseproof paper.

Place the eggs in a large mixing bowl and mix until the white and yolks are blended.

Beat in the bicarbonate of soda and season with salt and pepper.

Add the grated courgette to the beaten eggs.

Stir in the salmon and chives.

Pour mixture into loaf tin and bake in the oven for around 25–30 minutes.

Use a knife to check it is cooked in the middle; the knife should come out clean.



STEWED FRUIT WITH YOGURT AND SPICES

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

SERVES: 2

INGREDIENTS

2 apples or pears, cored and chopped

200ml water

½ tsp. cinnamon

½ tsp. ginger

Pinch grated nutmeg

2 tbsp. sultanas

2 tbsp. walnuts

400g natural yogurt, to serve

METHOD

Place the apples or pears in a saucepan with the water, cinnamon, ginger, nutmeg and sultanas.

Stir over a medium-low heat, until the they have softened and almost formed a purée; this should take around about 10 minutes, depending on how ripe the fruit is. Add a little water during cooking if mixture looks too dry.

Place the yogurt in a bowl. Top with the stewed apple and sprinkle over the walnuts.



TURKEY BREAKFAST WRAPS

PREPARATION TIME: 5 minutes

SERVES: 2-3

INGREDIENTS

2-4 cooked turkey slices
Plus a filling of your choice

Fillings

Choose an additional protein (optional)
2 heaped tsp. almond or cashew butter
2-4 slices smoked salmon
1-3 boiled egg, sliced
1-2 tbsp. hummus

Vegetables

Lettuce
Watercress
Sliced tomatoes
Sliced peppers
Olives, chopped
½ avocado, mashed

METHOD

Add your chosen filling to the centre of the turkey slice, wrap and enjoy.



VEGGIE OMELETTE

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

SERVES: 1

INGREDIENTS

1 tbsp. olive oil
 1 tomato, chopped
 2 spring onions, chopped
 ½ red pepper, chopped
 1 handful spinach or rocket
 3–4 eggs
 Salt and pepper

METHOD

Warm the olive oil in a pan on a low heat. Sauté the tomatoes, spring onion and peppers for 3–4 minutes. Add the spinach and allow to wilt down.

Beat the eggs in a bowl and add to the pan, move the pan around to ensure the egg covers the base of the pan. Allow to cook through and either fold over or serve as an open omelette.

Season with a little salt and pepper and serve.

Tip:
 You can finish cooking the omlette under the grill if desired.



Optional extras

Fresh chives finely chopped, handful of mushrooms, handful of shredded kale, any leftover cooked vegetables



LIGHT MEALS AND SNACK IDEAS



NOJITO SMOOTHIE

PREPARATION TIME: 15 minutes

SERVES: 1

INGREDIENTS

20-25g vanilla protein powder

½ avocado

Juice of ½ lime

Chunk of ginger, peeled

1 sprig mint

¼ cucumber

Water or coconut water

METHOD

Place all the ingredients in a blender, add desired amount of water or unsweetened milk and blend to make your perfect smoothie.

PORK AND TURKEY PROTEIN BITES

PREPARATION TIME: 6 minutes

COOKING TIME: 20–25 minutes

MAKES: 16 bites

INGREDIENTS

6 pork sausages, skin removed

200g turkey mince

120g blueberries

100g walnuts, crushed

½ tsp, salt

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Mix all the ingredients thoroughly in a large bowl using your hands.

Line a baking tray with greaseproof paper. Take handfuls of the mixture and shape into 16 balls. Place on the prepared tray before placing in the oven to cook for 25–30 minutes.



Tip:
Many good quality sausages have seasoning added but feel free to add extra salt, pepper, herbs or garlic powder.

QUICK ITALIAN CHICKEN WITH BASIL AND AVOCADO DRESSING

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 2



INGREDIENTS

- 1 tbsp. olive oil
- 3 chicken breasts, chopped into pieces
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 heaped tsp. mixed herbs

Basil and Avocado Dressing

- ½ avocado
- 1 egg yolk
- Juice of ½ lime
- ½ tsp garlic powder (optional)
- 50ml almond milk
- 6–7 basil leaves
- Salt to taste

METHOD

Heat the olive oil in a large saucepan on a medium heat, add the chicken pieces and sprinkle over the onion powder, garlic powder and mixed hers. Toss to coat the chicken and cook for 10–15 minutes until the chicken is cooked through.

Combine the dressing ingredients in a blender and blitz into a thick, creamy dressing.

PREPARATION TIME: 10 minutes

COOKING TIME: 8–10 minutes

SERVES: 8

INGREDIENTS

- 2 tins (213g) wild caught salmon, drained (include skin and bones)
- 400g new potatoes cooked and mashed
- 2 eggs, beaten
- 1 tsp. paprika
- 1 tsp. dried oregano
- 1 red pepper, chopped
- 2 heaped tbsp. ground flaxseed or gluten free flour e.g. rice or tapioca flour
- 1 tsp. salt
- Olive oil for cooking

METHOD

Combine all the ingredients in a bowl and carefully shape into fish cake patties, add a little more flaxseed or flour if you struggle to bind and shape the mixture.

Warm a little olive oil in a non stick pan over a moderate heat.

Gently place the fish cakes in the pan and cook on both sides until golden brown.

The patties are delicate so handle carefully when flipping with a spatula.

SALMON AND RED PEPPER FISHCAKES



Serving suggestion...
Serve with beetroot ratatouille and salad

PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes

SERVES: 4–6

INGREDIENTS

10 eggs	1 tsp. dried basil
40g ground flaxseed	1 tsp. rosemary
1 tsp. baking powder	2 medium carrots, grated
40g coconut flour	1 tbsp. pumpkin seeds
1 tbsp. dried onion flakes	1 tbsp. sesame seeds
1 tsp. garlic powder	Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a large loaf tin with baking paper.

In a food processor beat the eggs until fluffy (around 2 minutes).

Add the flaxseeds, coconut flour, baking powder, onion flakes, garlic, basil, rosemary and seasoning.

Mix again until the ingredients are thoroughly combined.

Transfer into a mixing bowl and stir in the grated carrot and seeds (keep some seeds aside for the topping).

Transfer the mixture into the prepared loaf tin and sprinkle with a few extra seeds.

Place in the oven for 40 minutes or until golden brown on top. Insert a skewer in the middle to check it's cooked through – it should come out dry.

SAVOURY SEED LOAF



SUNDRIED TOMATO AND OLIVE PROTEIN LOAF

PREPARATION TIME: 5 minutes

COOKING TIME: 35 minutes

SERVES: 6-8

INGREDIENTS

3 eggs
30g sundried tomatoes
100g oatbran
1 tsp baking powder
50g unflavoured pea protein
½ -1 tsp garlic powder
1 tbsp. Italian mixed herbs
Salt and pepper
200ml almond milk
3 tbsp. olives sliced
1tsp. dried rosemary (optional)

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4

Line a loaf tin with greaseproof paper and set aside.

Place all the ingredients, except the olives, in a food processor and combine into a batter.

Stir in the olives and transfer the mixture to the loaf tin. Sprinkle with dried rosemary and bake in the oven for 35 minutes or until cooked through. Serve warm or cool.



PREPARATION TIME: 5 minutes

COOKING TIME: 20 minutes

MAKES: 8 balls

INGREDIENTS

418g tin of wild red salmon
 Juice of 2 limes
 3 heaped tbsp. desiccated coconut
 5 anchovies in olive oil, finely chopped
 2–3 tsp. crushed chilli flakes
 1 egg
 Handful of fresh coriander, chopped

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Line a baking tray with greaseproof paper.

Drain the juices from the tinned salmon and place in a large bowl.

Add in the lime juice, desiccated coconut, anchovies, crushed chillies, egg and fresh coriander.

Combine all the ingredients thoroughly. You can taste the mixture at this stage and amend if you need (more lime, more chilli, etc.).

Using clean hands take handfuls of the mixture and squeeze together to carefully shape into golf-sized balls.

Place the balls on the prepared tray and in the oven to bake for around 20 minutes until they start to brown.

THAI OMEGA BALLS



Serving suggestion...
 Serve with mixed salad leaves or roasted vegetables

TROUT AND ASPARAGUS QUICHE

PREPARATION TIME: 15 minutes

COOKING TIME: 45–50 minutes

SERVES: 3–4

INGREDIENTS

6 eggs whites (3 egg yolks)
 1 tsp mixed herbs
 1 tbsp fresh chives, chopped
 2 fillets cooked trout
 100g asparagus, chopped
 2 tbsp. nutritional yeast
 150ml almond milk
 Salt and pepper

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Line a baking tin with greaseproof paper (or grease with oil or butter) and set aside.

Cook the asparagus (microwave, pan fry or steam).

Flake the cooked trout into the prepared tin and add the chopped asparagus.

In a food processor beat the eggs, almond milk, mixed herbs and nutritional yeast. Season and stir in the chives before pouring over the trout and asparagus.

Place in the oven to cook for 45–50 minutes until golden on top and cooked through.

Remove from the oven and allow to cool before slicing and serving.





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MAIN MEALS

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CITRUS SALMON WITH PEA AND AVOCADO MASH

PREPARATION TIME: 5 minutes

COOKING TIME: 8–10 minutes

SERVES: 4

INGREDIENTS

For the Mash

250g new potatoes, halved

250g frozen peas

1 ripe avocado

Salt and pepper to taste

For the Salmon

1 tbsp. olive oil

Juice of 1 lemon

2 cloves garlic, finely chopped

Salt and pepper to taste

4 salmon fillets

METHOD

Boil or steam the new potatoes and peas for about 8–10 minutes until soft.

While the potatoes are cooking, heat the olive oil in a pan over a medium heat and add the lemon juice, garlic, salt and pepper.

Cook for about 30 seconds before adding the salmon fillets.

Cook the salmon for around 3–4 minutes on each side.

When the potatoes and peas are cooked, drain and place in a bowl. Add the avocado, butter, salt and pepper and mash until smooth.

Serve the salmon with the mash and pour over the leftover cooking juices from the salmon.



Serving suggestion...
Serve with steamed broccoli and leeks

FALAFEL BURGERS WITH FRESH MINT DIP

PREPARATION TIME: 15 minutes

COOKING TIME: 12 minutes

SERVES: 2

(allow 30 minutes to chill falafel mixture if possible)

INGREDIENTS

½ red onion
 1/3 green chilli, deseeded
 1 clove garlic
 1 handful mint leaves
 250g tinned chickpeas, rinsed
 ½ tsp. ground cumin
 1 heaped tbsp. ground almonds
 or rice flour
 Juice of 1 lemon and a little zest

2–3 tbsp. sesame seeds
 1 tbsp. olive oil
 Salt and pepper

Fresh Mint Dip

4 tbsp. natural yogurt
 1 handful of fresh mint
 Juice of half a lemon
 Salt and pepper

METHOD

Place the onion, chilli, garlic and mint into a food processor and pulse to chop the ingredients.

Add the chickpeas, cumin, almonds (or flour), lemon zest and juice and season generously with salt and pepper. Blend into a fine paste.

Place the falafel mixture in a bowl in the fridge for 30 minutes (optional).

Prepare the yogurt dip by placing the lemon juice and mint in a blender to chop finely.

Place the yogurt in a bowl and stir in the mint mixture, season to taste and set aside.

Divide the falafel mixture into four burger patties.

Place the sesame seeds on a plate and roll each burger in the seeds to coat all the sides.

Heat a little olive oil in a non stick pan and carefully place each falafel in the pan. Cook each burger for 5–6 minutes on each side until golden. Serve immediately with the fresh mint yogurt dip.



GINGER MISO CHICKEN

PREPARATION TIME: 15 minutes *1 hour to marinade the meat

COOKING TIME: 10–15 minutes

SERVES: 4

INGREDIENTS

- 2 tbsp. miso paste (e.g. Clearspring)
- 2 tbsp. water
- Dice size piece of ginger, grated
- 1 tsp. garlic powder
- Juice of 1 lemon
- 1 tbsp. sesame oil
- 1 tsp. honey
- 4 chicken breasts, chopped
- 1 small head broccoli, florets sliced
- 2 carrots, julienned
- 2 courgettes, finely sliced
- 1 yellow pepper finely sliced
- 1–2 tbsp. tamari sauce
- Olive oil for cooking

METHOD

In a small bowl combine the miso, water, ginger, garlic powder, lemon juice, sesame oil and honey. Add the chicken and toss to coat in the ingredients. You can cook immediately or set aside for 1 hour to marinade.

Heat a little olive oil in a large saucepan on a medium heat and add the chicken pieces, stir-fry for 3-4 minutes before adding the broccoli, carrot, courgette, pepper and tamari sauce. Stir-fry for another 5–10 minutes until the chicken is cooked through, the vegetables should still be a little crunchy.

Serve topped with fresh coriander.



JAMAICAN CHICKEN CURRY

PREPARATION TIME: 10 minutes

COOKING TIME: 35 minutes

SERVES: 2-3

INGREDIENTS

2 tbsp. olive oil	4 skinless chicken breasts or 6 thighs, diced
2 garlic cloves, finely chopped	2 tbsp. medium or hot curry powder
3 spring onions, chopped	½ tsp. allspice
1 onion, peeled and chopped	1-2 tsp. salt
1 dice-sized cube of fresh ginger, peeled and finely chopped	1 tsp. black pepper
½-1 chilli, finely chopped	1-2 cups of water
1 tbsp. fresh thyme, roughly chopped	Large handful of spinach
2 carrots, chopped	Handful of fresh coriander

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the garlic, spring onions, onion, ginger, chilli, fresh thyme and carrots and stir through. Sauté for 3-4 minutes until the onions and other vegetables start to soften.

Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown. Add the curry powder, allspice, salt and pepper and stir through, coating all the ingredients in the spices.

Now begin to add the water; it's important you do this gradually to keep the sauce a thick consistency. Start with 1 cup and then add a little more if you need to.

Bring to a simmer and cook for 30 minutes.

Add the spinach and coriander (save a little for topping) and stir through until the spinach has wilted.

Season to taste if required and serve either on its own or with rice or cauliflower rice.

Top with the remaining coriander.



LEMON AND TURMERIC CHICKEN

PREPARATION TIME: 10 minutes (Marinade for 30 minutes or overnight)

COOKING TIME: 16–20 minutes

SERVES: 6



INGREDIENTS

6 skinless chicken or turkey fillets, chopped into chunks
 1 ½ tsp. curry powder
 1 tsp. garlic powder
 1 tsp. crushed chillies
 1 tsp. salt
 ½ tsp. ground ginger
 ½ tsp. paprika
 ½ tsp. cinnamon
 ½ tsp. ground turmeric
 Juice of 1 lemon
 4 tbsps. water
 Handful fresh coriander

METHOD

In a bowl, mix the curry powder, garlic powder, crushed chillies, salt, ginger, paprika, cinnamon and turmeric with the water and lemon juice to form a paste.

Rub the paste into the poultry, place in a bowl and cover. Allow to marinate for 30 minutes or overnight.

Heat a little olive oil in a frying pan and stir fry the chicken pieces until golden and cooked through.

Top with fresh coriander and serve.

LEMON MACKEREL ON MOROCCAN MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4

INGREDIENTS

4 mackerel fillets

Juice of 1 lemon

2 tsp. cumin

Freshly ground black pepper

1 head cauliflower, cut into small florets

2 tsp. olive oil

1 small garlic clove, finely chopped

1 teaspoon of ras el hanout spice blend

Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the mackerel fillets in an oven dish and top each one with a squeeze of lemon juice, a sprinkle of cumin and black pepper.

Place the mackerel in the oven and bake for around 20 minutes.

Whilst the mackerel is cooking, steam or boil the cauliflower until soft.

Mash with the olive oil, garlic and ras el hanout.

Place the mash in the oven to keep warm until the mackerel is cooked and serve.



MOROCCAN LAMB AND APRICOT BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

500g lamb mince
 2 heaped tsp. ras el hanout spice blend
 Salt and pepper
 1 tbsp. tomato puree
 90g dried apricots, chopped

Harissa Dressing

170–200g natural yogurt
 1 heaped tsp. of harissa paste
 Juice of half a lemon
 Fresh mint to serve

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place all the burger patty ingredients in a bowl and mix together thoroughly using your hands.

Shape into four large patties or six smaller ones and place on a baking tray and then into the oven to cook for 20–25 minutes.

Whilst the burgers cook whip up the awesome harissa dressing: stir the yogurt, harissa paste and lemon juice in a bowl, taste and add a little more harissa or lemon juice if you prefer.

Serve the patties topped with some dressing, fresh mint and with roasted vegetables and some crinkle-cut sweet potatoes.



Serving suggestion...
 Serve with sweet potato chips and salad

MUSTARD CRUSTED SALMON AND PAN-FRIED VEG

PREPARATION TIME: 10 minutes

COOKING TIME: 20 minutes

SERVES: 4



Serving suggestion...
Serve with balsamic potatoes

INGREDIENTS

- | | |
|-----------------------------|--|
| 4 salmon fillets | 2 courgettes, chopped |
| 4 tbsp. wholegrain mustard | 1 red pepper, sliced |
| Juice of 1 lemon | 1 large head of broccoli, chopped into florets |
| 1 tbsp. olive oil | Large handful of cherry tomatoes |
| 2 cloves garlic, chopped | Salt and pepper to taste |
| 1 onion, peeled and chopped | |

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the salmon on a baking sheet, squeeze over the lemon juice and spread a spoonful of wholegrain mustard on top of each salmon fillet.

Place in the oven to bake for around 20 minutes.

When the salmon is halfway through cooking, start to pan-fry the vegetables.

Warm the olive oil in a pan and sauté the onions and garlic for 2–4 minutes until the onion softens.

Add the courgettes, peppers, broccoli and tomatoes and stir-fry for 4–5 minutes.

Season with salt and pepper and serve with salmon once cooked.

PREPARATION TIME: 10 minutes
 COOKING TIME: 15 minutes
 SERVES: 4

INGREDIENTS

- | | |
|---|---|
| 1 tbsp. cashew nuts | 1 onion, peeled and sliced |
| 1 tbsp. peanuts | 1 red pepper, sliced |
| 2 tbsp. toasted sesame seed oil,
for cooking | 1 head broccoli (halve larger
florets) |
| 200g firm tofu, cubed | 100g baby sweetcorn, halved
lengthways |
| 1 tbsp. honey | 100g mangetout |
| 6cm fresh ginger, peeled and
chopped | Juice of 1 lime |
| 2-3 cloves garlic, peeled and
finely chopped | Salt and freshly ground black
pepper |
| 2 fresh red chillies, sliced or 2 tsp.
chilli flakes | 1-2tbsp. tamari sauce |

METHOD

Place a large frying pan or wok on a medium heat and add the nuts. Dry fry for around a minute, tossing occasionally, once the nuts begin to turn golden, remove from the pan and set aside.

Pat the tofu with some kitchen paper to remove any excess moisture and season with salt and pepper. Heat 1 tbsp. of toasted sesame oil in a frying pan or wok on a medium-high heat and fry the tofu until slightly crispy and golden all over, remove from the pan and set aside with the toasted nuts.

Whilst warm drizzle the honey over the top of the nuts and tofu and stir it all together until fully coated in the honey.

Heat the remaining sesame oil in a frying pan on a medium heat and add the ginger, garlic and chillies and cook for about 30-40 seconds, stirring occasionally before adding the onion, pepper,

NUTTY TOFU STIR FRY



broccoli, sweet corn and mangetout. Stir fry for 4-5 minutes before adding the lime juice and 1 tbsp. of tamari (you can add more later if you prefer).

Divide up the stir fried vegetables into bowls and top with the tofu and nuts, add some more fresh chilli slices (optional) and enjoy.

PIRI PIRI BAKED COD

PREPARATION TIME: 10 minutes

COOKING TIME: 15–20 minutes

SERVES: 2



INGREDIENTS

- 2 cod fillets
- 2 cloves garlic peeled and finely chopped
- 1 red chilli, deseeded and chopped
- 1 tsp. oregano
- 2 tsp. smoked paprika
- Juice and zest of ½ lemon
- Salt and freshly ground black pepper
- 2 tsp. balsamic vinegar
- 1 tbsp. olive oil

METHOD

Pre heat the oven to 200°C/390°F/gas mark 6.

Place some baking paper on a baking tray and put the cod fillets on top (**TIP: Remove any excess water from the fillets with kitchen paper before placing on the baking tray**).

Blitz the remaining ingredients in a food processor until fine but not completely liquid.

Spoon the mixture over the top of the cod fillets and place in the oven to cook for 15–20 minutes.

Serve with salad and rice.

SPANISH STYLE CHICKEN

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

SERVES: 4

INGREDIENTS

- | | |
|---|---|
| 1 tbsp olive oil | ½-1 tsp. salt |
| 4 cloves garlic, peeled and chopped | ½ tsp. black pepper |
| 1 small white onion, peeled and chopped | 1 handful olives, halved |
| 1 leek, sliced | 680g passata |
| 4 chicken breasts, chopped | 200ml chicken stock |
| 2 tsp. paprika | 4 sweet or white potatoes,
peeled and sliced |
| 1 tsp. oregano | |
| 1 tsp. thyme | |

METHOD

Heat the olive oil in a large saucepan over a medium heat and add the garlic, onions, leeks and stir through. Sauté for 3-4 minutes until the onions and leeks start to soften.

Add the chicken and sauté for another 2-3 minutes until the chicken starts to brown.

Add the paprika, thyme, oregano, salt and pepper and stir through, coating all the ingredients in the spices.

Add the olives, passata, chicken stock and potatoes.

Bring to a simmer and cook for 30 minutes.

Season further if required and serve either on its own or with steamed greens.



Serving suggestion...
Serve with steamed spinach and kale

SPICY MINCE AND PEAS

PREPARATION TIME: 10 minutes

COOKING TIME: 40–45 minutes

SERVES: 6



INGREDIENTS

- | | |
|---|---------------------------|
| 2 tbsp. olive oil | ½ tsp. chilli flakes |
| 1 white onion, peeled and chopped | Salt to taste |
| 2 cloves garlic, peeled and finely chopped | 400g tin chopped tomatoes |
| 1 dice size piece ginger, peeled and finely chopped | 400ml water |
| 500g beef mince | 250g frozen peas |
| 1 tbsp. medium curry powder | Fresh coriander |
| ½ tsp. cumin | |
| ½ tsp. turmeric | |

To serve

- Rice
- Steamed spinach or salad
- Fresh coriander

METHOD

Heat the olive oil in a large saucepan or casserole dish on a medium heat and add the onion, garlic and ginger. Cook for 5 minutes until the onions soften, stirring frequently.

Add the beef mince and cook for a further 5 minutes until browned all over, stirring occasionally.

Add the curry powder, cumin, turmeric, chili flakes, salt and stir through. Cook for another few minutes stirring occasionally. You can add a little more of any of the spices if desired.

Add the chopped tomatoes, water and stir through, simmer for 20–25 minutes stirring occasionally.

Add the peas, stir through and cook for 3–5 minutes more.

Serve with rice, steamed spinach or salad and fresh coriander.

SPICY TOMATO PRAWNS

PREPARATION TIME: 10 minutes

COOKING TIME: 25 minutes

SERVES: 3



INGREDIENTS

2 tbsp. olive oil	600g raw prawns
1 onion, peeled and chopped	400g passata
2 garlic cloves, crushed	½ tsp. crushed chilli flakes
1 red pepper, chopped	Large handful of tenderstem broccoli, chopped
10 mushrooms, chopped	Salt & pepper
1 heaped tsp. smoked paprika	

METHOD

Heat the olive oil in a pan and then add the pepper, mushrooms, onions and garlic to cook through slightly until they start to soften.

Add the passata and paprika and stir again.

Bring the mixture to a simmer and cook for about 10 minutes.

Add the prawns, tenderstem broccoli, salt and pepper, stir and allow to simmer for another 5–6 minutes.

Serve with courgetti or steamed squash.

TAMARI PORK WITH CUCUMBER AVOCADO RICE

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 2

INGREDIENTS

450g diced pork

1 tbsp. tamari

1 tbsp. apple cider vinegar

Juice of 1 lime

Zest of ½ lime

½ –1 tsp. chilli flakes

½ tsp. smoked paprika

1 tsp. honey

1 tsp. garlic powder

1 tsp. onion granules

2 spring onions

1 tbsp. of olive or sesame oil for cooking

For the Rice

250g cooked rice (it can be served warm or as a cold salad)

Half cucumber, cubed

Handful fresh mint, finely chopped

1 small avocado, peeled and chopped

Juice of half a lemon

METHOD

In a small bowl combine the tamari, vinegar, lime zest and juice, chilli flakes, smoked paprika, honey, garlic and onion. Pour the marinade over the pork and toss to coat the pieces of meat.

Warm the oil in a frying pan and add the spring onions, sauté for a couple of minutes before adding the pork and marinade.

Stir-fry for 5–10 minutes or until the pork has cooked through.

Whilst the pork is cooking prepare the rice by adding the avocado, mint, cucumber, lemon juice and a generous serving of fresh mint.

Once the pork is cooked serve with the avocado rice and a side salad.



THAI STEAK SALAD

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 5

INGREDIENTS

2 x 200g rump steaks

To make the Dressing

Zest and juice of 3 limes

2 tbsp tamari

Freshly ground black pepper

1 dice-sized piece of ginger, peeled
and grated

1 green or red chilli

1 tsp. xylitol or honey

1 handful fresh coriander, finely chopped

1 tbsp olive oil

For the Salad

200g cherry tomatoes, quartered

½ cucumber, sliced

200g radishes, sliced

1 red onion, sliced

1 handful fresh mint, roughly broken

1 handful fresh basil, roughly broken

METHOD

For the marinade: mix the tamari, zest and juice of 1 lime and ground black pepper in a bowl.

Slice the steaks into strips, add them to the bowl and coat fully in the mixture.

Mix the lime zest and juice from the remaining 2 limes with the ginger, chilli, xylitol (or honey) and fresh coriander to make the dressing.

Heat the olive oil in a pan over a medium heat and add the marinated steak strips. Stir-fry for 3–4 minutes or until cooked to your liking. Leave to rest while you mix the salad ingredients together.

Place the steak strips on top of the salad and drizzle the dressing over the top.



Serving suggestion...
Serve with beetroot ratatouille

TOMATO, CAPER AND OLIVE SALMON

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

SERVES: 4-5

INGREDIENTS

600g passata
 3 cloves garlic, peeled and chopped
 80g capers
 10 large green olives, chopped
 1 red onion, finely chopped
 3 tbsp. sundried tomatoes in olive oil
 6 salmon fillets

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Mix all the ingredients except for the salmon in a large baking dish before adding the salmon fillets.

Ensure each fillet is nicely topped with the sauce.

Place the baking dish into the oven to cook for around 30 minutes.

Serving suggestion...

Serve with celeriac chips, steamed leeks and spinach



TURKEY, SWEET POTATO, BACON AND SPINACH BURGERS

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

MAKES: 10 burgers

INGREDIENTS

- 800g turkey thigh mince
- 2 medium sweet potatoes, peeled and cooked
- 8 rashers of bacon, chopped into small pieces
- 2 handfuls of spinach, chopped
- 4 spring onions, chopped
- 4 tsp. dried rosemary
- 2 tsp. paprika
- 3 cloves garlic, crushed or finely chopped
- 1 red chilli, finely chopped
- 2 tsp. mustard powder
- 1 egg
- Salt and pepper

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Using your hands mix all the ingredients together thoroughly in a large bowl.

Shape into 10 burger patties and place onto a grill tray before putting in the oven to cook for 20–30 minutes (times vary depending on the oven).



Serving suggestion...
Serve with quick ratatouille and celeriac chips



.....
SIDES
.....

EPIC HERBY SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

3 large carrots, chopped into small chunks

200g peas

1 yellow pepper, deseeded and chopped into chunks

1 avocado, skin and stone removed and chopped into small chunks

2–3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

1 clove garlic, peeled

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

Juice of 1 lemon

METHOD

Steam or boil the carrots, peas and pepper until soft.

Place the cooked vegetables in a bowl and stir in the avocado and salad leaves.

Place the herbs, garlic, olive oil and apple cider vinegar in a blender and blend into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



GREAT GREEK SALAD

PREPARATION TIME: 10 minutes

SERVES: 4



INGREDIENTS

1 red onion, peeled and chopped
 4 tomatoes, chopped
 ½ cucumber, chopped
 Large handful olives
 1 yellow pepper, deseeded and chopped
 1 red pepper, deseeded and chopped
 3 cloves garlic, peeled and chopped

1 heaped tsp. mixed herbs
 1 tbsp. olive oil
 Juice of 1 lemon
 Handful fresh basil leaves torn
 100g feta, crumbled
 Salt and pepper

METHOD

Place the onion, tomatoes, cucumber, peppers and olives into a bowl and combine well.

In a small bowl combine the olive oil, garlic, mixed herbs and lemon juice and season with salt and pepper.

Pour over the salad and top with the torn basil and crumbled feta.

ITALIAN TRAY BAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 35-50 minutes

SERVES: 2-4

INGREDIENTS

- 1 red onion, peeled and sliced
- 1 large courgette, sliced
- Handful olives
- 1 yellow pepper, deseeded and chopped
- 180g tomatoes on the vine
- 3 cloves garlic, peeled and chopped
- 1 tbsp. mixed herbs
- Olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place all the vegetables into a baking tray, sprinkle with chopped garlic, mixed herb and drizzle with olive oil.

Place in the oven to cook for 35–40 minutes until the vegetables are soft.



QUICK RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 25–30 minutes

SERVES: 6–8



INGREDIENTS

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 3 cloves garlic, peeled and chopped
- 2 courgettes, chopped
- 1 red pepper, chopped
- 3 stalks celery (optional)
- 800g chopped tomato
- 1 tbsp. mixed herbs
- 2–3 tbsp. olives (optional)
- Salt and pepper

METHOD

Pan fry the onions, garlic and peppers in the olive oil. Add the courgettes, celery and peppers and stir-fry for 2–3 minutes.

Add the tomatoes, herbs, and olives and season.

Cook through for 10–15 minutes until the vegetables are soft.

Season to taste and serve.

5-A-DAY SLAW

PREPARATION TIME: 10 minutes

COOKING TIME: 30 minutes

SERVES: 6-8



INGREDIENTS

1 sweetheart cabbage

½ red cabbage

2 carrots, grated

2 celery stalks, finely chopped

2 handfuls walnuts, crushed

Handful sultanas

3 small apples, grated

For the Dressing

½ red onion, finely chopped

3 tbsp olive oil

1 tbsp. apple cider vinegar

1 tbsp balsamic vinegar

Juice of 2 lemons

Salt and pepper

METHOD

Place all the slaw ingredients in a bowl and mix together.

Mix the dressing ingredients in a bowl or shake in a glass jar and pour over the slaw. Toss the ingredients in the dressing and set aside in the refrigerator to chill for 30 minutes.

BAKED CAULIFLOWER

PREPARATION TIME: 5 minutes

COOKING TIME: 25–30 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets

1 onion, peeled and sliced

Juice of 1 lemon

1 ½ tsp curry powder

2 tsp garlic powder

½ tsp cinnamon

3 tbsp olive oil

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the cauliflower on a baking tray and scatter over the onions.

In a bowl combine the lemon juice, olive oil, curry powder, garlic powder and cinnamon.

Pour the oil mixture over the onion and cauliflower and toss to coat the vegetables.

Place in the oven to cook for 25–30 minutes, toss one more time half-way through cooking.



CAULIFLOWER STIR-FRY RICE

PREPARATION TIME: 4 minutes

COOKING TIME: 10 minutes

SERVES: 6

INGREDIENTS

1 tbsp. toasted sesame oil	3 tbsp. of tamari
1 red onion, peeled and diced	4–5 drops of fish sauce
5 spring onions, finely chopped	3 eggs, beaten
1 red pepper, diced	1 large cauliflower,
1 green pepper, diced	grated into rice
2 cloves of garlic, finely chopped	Salt and pepper
1 large carrot, peeled and diced	

METHOD

Warm the sesame oil in a wok or a large frying pan and add the onion, spring onions, peppers, garlic, carrots, fish sauce and tamari. Stir to coat in the oil and sauté the vegetables for around 4 minutes, stirring occasionally.

Add the beaten eggs to the pan and as it starts to set, add the grated cauliflower rice and stir to combine the ingredients. Cook until the cauliflower softens.

Season to taste and serve.



CARROT AND CAULIFLOWER HARRISA MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 4–6

INGREDIENTS

1 large cauliflower, chopped into florets
5 carrots
1 tbsp. olive oil
2 heaped tsp. harissa spice mix
1 heaped tsp. garlic powder
Salt and pepper

METHOD

Steam or boil the cauliflower and carrots until soft.

Place in a large bowl and add the olive oil, garlic and harissa spice.

Mash until the mixture has a smooth consistency.

Season to taste and serve.



HOW TO PIMP A SALAD

Green leafy vegetables are a rich source of vitamins and antioxidants. It helps to brighten up your bowl of garden with some tasty salad toppers following our guide below:

Choose a base

Where possible purchase organic and local; some of the most nutritious leaves include:

- Kale
- Chard
- Lamb's lettuce
- Mustard leaves
- Purslane
- Radicchio
- Red lettuce
- Rocket
- Romaine
- Spinach
- Watercress



HOW TO PIMP A SALAD



Choose a taste

- Sunflower or pumpkin seeds
- Walnuts
- Blanched hazelnuts
- Toasted cashews
- Seaweed sprinkles
- Avocado
- Sundried tomatoes
- Grated carrot
- Sliced beetroot
- Olives
- Celtic sea salt or Himalayan pink salt
- Freshly ground black pepper
- Jalapeños
- Fresh mint leaves
- Fresh coriander
- Fresh basil
- Strawberries
- Eggs: boiled, poached, fried
- Capers
- Bacon
- Parma ham
- Roasted cherry tomatoes
- Julienned courgettes
- Fresh peas
- Butternut squash
- Toasted pine nuts
- Dried mixed herbs
- Crushed chillies

Choose a dressing

- Freshly squeezed lemon or lime juice
- Apple cider vinegar
- Balsamic vinegar
- Extra virgin olive oil
- Avocado oil

EPIC HERBY SALAD

PREPARATION TIME: 10 minutes

COOKING TIME: 20–25 minutes

SERVES: 4

INGREDIENTS

3 large carrots, chopped into small chunks

200g peas

1 yellow pepper, deseeded and chopped into chunks

1 avocado, skin and stone removed and chopped into small chunks

2–3 handfuls baby spinach or rocket leaves

Handful fresh mint

Handful fresh parsley

1 handful fresh coriander

1 clove garlic, peeled

2 tbsp. olive oil

2 tbsp. apple cider vinegar

Salt and pepper

Juice of 1 lemon

METHOD

Steam or boil the carrots, peas and pepper until soft.

Place the cooked vegetables in a bowl and stir in the avocado and salad leaves.

Place the herbs, garlic, olive oil and apple cider vinegar in a blender and blend into a creamy dressing. Pour over the salad and toss the ingredients to coat the vegetables in the dressing.



FIG AND WALNUT GREENS

PREPARATION TIME: 10 minutes

SERVES: 2

INGREDIENTS

Large handful rocket
 Large handful watercress
 Large handful lettuce
 2 celery sticks, sliced
 1 small apple, sliced (optional)
 Handful olives
 2 figs, quartered
 1 tsp. mixed herbs
 2 tbsp. walnuts
 Juice of ½ a lemon
 Balsamic vinegar (to dress)

METHOD

Place all the salad ingredients in a bowl toss in the lemon juice add a drizzle of balsamic vinegar.



DELISH RED LENTIL DHAL

PREPARATION TIME: 10 minutes

COOKING TIME: 35–40 minutes

SERVES: 4–6

INGREDIENTS

- | | |
|---|--------------------------------------|
| 3 tbsp. olive oil | 1 tsp. garam masala |
| 1 onion, peeled and chopped | 1 tsp. coriander |
| 3 cloves garlic, peeled and finely chopped | 1 tsp. cinnamon |
| 1 dice sized piece of fresh ginger, peeled and finely chopped | Salt and pepper |
| 1 tsp. mustard powder | 400g tin chopped tomatoes |
| 1 tsp. turmeric | 500ml vegetable or chicken stock |
| 1 tsp. chilli powder | 400ml water |
| 1 tsp. cumin | 300g red lentils, rinsed and drained |
| | Juice of 1 lemon |
| | 2 large handfuls spinach |

METHOD

Heat the olive oil in a large saucepan on a medium heat before adding the onion, garlic, ginger and cooking for a few minutes until the onions begin to soften.

Add all the spices and seasoning, stir and cook for a few more minutes. Add a little water if needed.

Add the chopped tomatoes, stock, water, lentils and lemon juice, stir before bringing to the boil and simmering for 25–30 minutes stirring occasionally.

Add a little more water or stock if needed.

Finally add the spinach, allow to wilt before stirring into the dahl and serve.



HOMEMADE HUMMUS

PREPARATION TIME: 5 minutes

SERVES: 4–6

INGREDIENTS

400g chickpeas in water (240g drained)

2 tbsp. olive oil

75ml water

½ tsp. paprika

½–1 tsp. garlic powder

¼ –½ tsp. salt

Freshly ground black pepper

Optional

½–1 tsp. harissa spice mix

Pinch of chilli powder

METHOD

Place the chickpeas, water, olive oil, garlic, and paprika in a food processor and blend until smooth. Try the hummus and add more garlic powder or extra spices if desired.

Serve topped with freshly ground black pepper.

PREPARATION TIME: 5 minutes

COOKING TIME: 10–20 minutes

SERVES: 3–4

INGREDIENTS

100g chickpea flour (gram flour)

190ml water

1 tbsp. olive oil (extra for cooking)

1 tsp. Zaatar spice (optional)

½ teaspoon salt

1 tsp. garlic powder

1 tsp dried rosemary

½ tsp. baking powder (or bicarbonate of soda)

To Serve

3 handfuls fresh rocket

Parmesan shavings

Cherry tomatoes

METHOD

In a bowl whisk the chickpea flour, water, olive oil, garlic powder, Za'atar, rosemary, baking powder and salt together with a fork. Allow to rest for 30 minutes so flour can absorb the water.

Ten minutes before the batter is ready, pre-heat the grill and place a 10-inch frying pan underneath to warm through.

Remove the pan (use an oven glove) and add 1 tbsp. of olive oil, swirl to coat the base of the pan. Pour the batter into the middle of the pan and gently tilt the pan so the batter covers the entire base.

Place under the grill for 10–20 minutes to allow the batter to set and begin to brown, if the top is browning too quickly, move the pan down to a lower level in the grill. The flatbread should be soft in the middle but crisp on the outer edges.

Use a spatula to loosen the flatbread from the pan and ease onto a plate or chopping board.

Slice into wedges, top with salt, pepper and a drizzle of olive oil. Serve with rocket, parmesan shavings and fresh tomatoes.

HUMMUS FLATBREADS



BALSAMIC POTATOES

PREPARATION TIME: 10 minutes

COOKING TIME: 10–15 minutes

SERVES: 5–6

INGREDIENTS

1kg new potatoes

200g green beans, stems trimmed and chopped

1 small red onion, peeled and chopped

Handful fresh basil leaves, chopped

The Dressing

2 cloves garlic, peeled and finely chopped

or ½–1 tsp. garlic powder

2 tbsp. fresh lemon juice

Dash of Worcestershire sauce

2 tbsp. wholegrain mustard

3 tbsp. balsamic vinegar

Salt and pepper to taste

METHOD

Boil or steam the new potatoes and green beans until soft.

As the potatoes are cooking prepare the dressing by adding the ingredients to a blender or mixing in a cup.

Once the potatoes and beans are cooked add the onion and fresh basil and pour over the dressing.

Toss all the ingredients together and serve.



BEETROOT RATATOUILLE

PREPARATION TIME: 10 minutes

COOKING TIME: 30–40 minutes

SERVES: 6

INGREDIENTS

1 red onion, finely chopped
3 cloves garlic, peeled and chopped
1 yellow pepper, chopped
2 courgettes, chopped
250g cooked beetroot, chopped
800g tin chopped tomatoes
1 tbsp. mixed herbs
2–3 tbsp. capers (optional)
Salt and pepper
1 tbsp. olive oil
Fresh basil, to serve

METHOD

Pan-fry the onions, garlic and chopped pepper in olive oil. Add the courgettes and beetroot and stir-fry for 2–3 minutes.

Add the tomatoes, herbs and capers and season with salt and pepper.

Cook through for 30–40 minutes until the vegetables are soft.

Season to taste, top with fresh basil and serve.



CURRIED SWEET POTATO MASH

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

Serves 2–4

INGREDIENTS

- 2–3 medium sweet or white potatoes, peeled and chopped
- 3 tsp. medium curry powder
- 1 tsp. garlic powder
- 1 handful fresh coriander, roughly chopped
- Salt and pepper
- 2 tbsp. pine nuts (optional)

METHOD

Steam or boil the sweet potatoes until soft.

Place in a large bowl and add the curry powder, garlic, fresh coriander, salt and pepper.

Place the pine nuts in a non stick frying pan (no oil needed) over a medium heat to toast lightly while you mash the potatoes.

Top the potato with the toasted pine nuts and more fresh coriander to serve.



PARSNIP MASH WITH ROASTED VEGGIES

PREPARATION TIME: 15 minutes

COOKING TIME: 35–40 minutes

SERVES: 4

INGREDIENTS

1 red onion, chopped
 1 courgette, chopped
 1 yellow pepper, chopped
 1 large leek, chopped
 300g cherry tomatoes, halved
 2 garlic cloves, finely chopped
 2 tsp. mixed herbs
 1 tbsp. olive oil
 Salt and pepper to taste

For the Mash

4 parsnips
 1 tbsp. olive oil
 Salt and pepper to taste

METHOD

Preheat the oven to 180°C/350°F/gas mark 4.

Place the chopped vegetables on a baking tray and sprinkle with garlic, mixed herbs, salt and pepper and toss in a little olive oil.

Slice and steam or boil the parsnips for 10–15 minutes until tender.

Drain the parsnips, add the olive oil, season with salt and pepper, and mash until smooth.

Once the roasted vegetables are cooked, remove from the oven and serve on top of the mash.



POWER CARBS

PREPARATION TIME: 10 minutes

COOKING TIME: 25-30 minutes

SERVES: 4-5

INGREDIENTS

250g cooked rice (we used Tilda wild and brown basmati)

500ml bone broth or stock

1 sweet potato, peeled and diced

2 stalks celery

1 small red onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

Salt and pepper to taste

Fresh parsley to serve

METHOD

Place the cooked rice and broth/stock in a pan and warm on a medium heat.

Add the sweet potato, herbs, onion, garlic, celery and season. Bring to boil and then turn down to simmer.

Cook until the potato has softened, add a little more broth or water if needed. Top with fresh parsley and serve.



Not sure what image to out here, as the virgin mary image wont work...

DRINKS



VIRGIN MARY

PREPARATION TIME: 5 minutes

SERVES: 1

INGREDIENTS

250ml tomato juice
 ¼ tsp black pepper
 ¼ tsp. Tabasco Sauce
 Squeeze of fresh lemon juice
 ¾ tsp horseradish (optional)
 olives and celery to garnish

METHOD

Mix all the ingredients in a cocktail shaker or by hand and pour over ice.



DESSERTS

DARK CHOCOLATE GINGER BITES

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 4



INGREDIENTS

250g crystallised ginger
 200g 85% dark chocolate
 3 tbsp. cacao nibs
 100g almond butter
 80g collagen (optional)
 2 tbsp. either xylitol, honey or molasses (optional)

METHOD

Place the crystallised ginger in a cup of boiling water to soften and remove the sugar.

Melt the chocolate in a heat proof bowl over a pan of simmering water, remove from the heat and allow to cool slightly.

Stir in the cacao nibs, almond butter, collagen and desired sweetener if using and combine thoroughly.

Drain the ginger and add to the chocolate mixture.

Line a small, square baking tray with a sheet of greaseproof paper and transfer the chocolate mixture, use a spoon to smooth flat.

Place in the freezer or refrigerator to set for 30–60 minutes, once the mixture has set cut into squares and store in an air tight container.

FITTER MINT CHOC CHIP ICE CREAM

PREPARATION TIME: 5 minutes

SERVES: 1-2

INGREDIENTS

- 2 frozen bananas
- ½ tsp pure peppermint extract,
or more as desired
- 2 squares dark chocolate, chopped
or 2 tbsp cacao nibs
- ¼ tsp spirulina (optional to colour)
- 1 tbsp cashew butter (optional)
- Almond milk to taste

METHOD

Blend the bananas with the peppermint extract, spirulina and cashew butter (if adding). You can also add a little almond milk for a smoother ice cream. Start by adding a small amount, blend and repeat until the mixture reaches the desired texture. Be careful not to add too much or the ice cream will become too soft.

Stir in the dark chocolate chunks or cacao nibs.

Eat immediately or place in a container and freeze for a few hours for a firmer mixture that scoops easily.



RICH CHOCOLATE PRUNE CAKE

PREPARATION TIME: 15 minutes

COOKING TIME: 55–70 minutes

MAKES: 6–7



INGREDIENTS

- 150g dark chocolate (85% cocoa solids)
- 225g unsalted butter, diced
- 180g xylitol or cane sugar
- 4 eggs
- 200g ground almonds
- 1 tsp baking powder
- 250g stoned soft prunes, chopped (not ones that require soaking)

METHOD

Pre heat the oven to 180°C/350°F/Gas mark 4

Grease an 8 inch round cake tin or line with greaseproof paper and set aside.

Melt the chocolate in a heat proof bowl over a pan of simmering water, set aside to cool.

In a food processor cream the butter and xylitol/sugar, add the eggs, chocolate, ground almonds and baking powder. Transfer to a bowl and stir in prunes.

Transfer to prepared cake tin and place in the oven to cook for 55–70 minutes, check the cake is cooked by inserting a skewer in the middle and check it comes out clean.

SEA SALT AND CACAO COLLAGEN CHOCOLATES

PREPARATION TIME: 10 minutes

MAKES: 22

INGREDIENTS

300g 85% Dark Chocolate

100g collagen powder

50g vanilla protein powder

3 tbsp. cacao nibs

2 tsp. vanilla extract

Sea Salt to taste

METHOD

Melt the chocolate in a heat proof bowl over a pan of simmering water and allow to cool slightly. Add the remaining ingredients and stir to combine thoroughly.

Place a teaspoon of the mixture in an ice cube tray or roll into balls and place on a sheet of greaseproof paper.

Place in the refrigerator to set for 30 minutes, store in an airtight container.



PORTUGUESE ALMOND CAKE

PREPARATION TIME: 10 minutes

COOKING TIME: 45–60 minutes

SERVES: 8

INGREDIENTS

6 eggs
2 tablespoons raw honey
1 cup ground almonds
1 teaspoon almond extract
1 teaspoon bicarbonate of soda

To serve

Fresh berries

METHOD

Pre heat the oven to 180°C/350°F/gas mark 4.

Beat the eggs on low with a hand mixer or food processor (a blender will also work.)

Add the ground almonds, honey, almond extract, and bicarbonate of soda and continue to mix.

Bake in a 9½-inch round baking pan for 50 minutes to 1 hour. Check the cake after 45 minutes, the top of the cake should be golden brown and the middle slightly moist.

Once cooked, let the cake cool before serving.



CRUMBLE FOR 1

PREPARATION TIME: 8 minutes

COOKING TIME: 25–30 minutes

SERVES: 1



INGREDIENTS

100g berries (enough to fill a ramekin dish almost full)
 2 tbsp. ground almonds
 1 heaped tsp. butter (ghee or coconut oil can be substituted)
 3 walnuts, roughly chopped
 2–4 drops of stevia or 1 tsp. honey

METHOD

Place berries into the ramekin and press slightly to ensure you have enough room for a topping.

In a small bowl rub together the butter and ground almonds with your fingertips until they resemble breadcrumbs.

Add walnuts and sweetener (if using) and mix again.

Gently press the mixture on top of the berries until completely covered, filling any gaps fill with a dusting of ground almonds.

Place in the oven and bake for 30 minutes until golden on top.

Allow to cool slightly and enjoy!

DARK CHOCOLATE, RASPBERRY AND PISTACHIO REFRIGERATOR CAKE

PREPARATION TIME: 15–20 minutes

COOKING TIME: 10–15 minutes

SERVES: 10



INGREDIENTS

50g pistachios (shelled)	50–100g raw honey according to your taste
50g pecans, halved	2 tbsp cacao nibs
50g coconut flakes	20g freeze dried raspberries or goji berries
300g 85–90% dark chocolate	
100g grass fed butter (*for dairy free use cashew butter or coconut cream)	

METHOD

Line a loaf pan with greaseproof paper and set aside.

Pre heat the oven to 150°C/300°F/gas mark 2.

Place the nuts and coconut on a baking tray in the oven to roast, keep an eye on them it should only take 10–15 minutes, once golden and crunchy remove from the oven and allow to cool.

Place the chocolate and butter in a heat proof bowl over a pan of simmering water. Stir until both have melted. If using nut butter or coconut cream for a dairy free option add these to the melted chocolate once you have removed it from the heat.

Stir in the honey.

Add the freeze dried berries, nuts, coconut and cacao nibs.

Pour into the lined loaf pan and place in the fridge to set for at least 1 hour.

Dust with cocoa and slice into chunky bars to serve, keep refrigerated.

SEA SALT AND CACAO COLLAGEN CHOCOLATES

PREPARATION TIME: 10 minutes

MAKES: 22

INGREDIENTS

300g 85% Dark Chocolate

100g collagen powder

50g vanilla protein powder

3 tbsp. cacao nibs

2 tsp. vanilla extract

Sea Salt to taste

METHOD

Melt the chocolate in a heat proof bowl over a pan of simmering water and allow to cool slightly. Add the remaining ingredients and stir to combine thoroughly.

Place a teaspoon of the mixture in an ice cube tray or roll into balls and place on a sheet of greaseproof paper.

Place in the refrigerator to set for 30 minutes, store in an airtight container.

