

VEGTASTY



THE MEAT-FREE COOKBOOK

Not Just For Vegetarians

Mattluxtonhealthandfitness.com

Introduction

CONGRATULATIONS.....yes.

Weird way to start an introduction isn't it!

But you have taken more action than most who are simply stuck in a rut of eating processed foods laden with chemicals and additives that are making them sick and tired.

My Non-Meat Cookbook is not just for vegetarians. It's loaded with 90 recipes that are great for the whole family and all times of the day. The underlying philosophy is simple.

It's about clean, whole and naturally sourced ingredients.

Leaving you feeling alive from the inside out.

This book will take out the guess work for you.

Health starts with nutrition and your health is my passion.

To Your Success
Matt

P.S. for more about the people I help, my blog offers a great place to get more information- <http://www.mattluxtonhealthandfitness.com>

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Breakfasts



Breakfast Wrap Serves 1

You will need a large frying pan or crepe pan for these delicious morsels.

Ingredients

- 2 eggs, beaten
- 1 spring onion, sliced
- 1 clove garlic, crushed
- Pinch chilli flakes (optional)
- 1 tsp coconut oil
- Pinch of himalayan sea salt
- Black pepper to taste
- ½ avocado, mashed
- Juice of ½ lime
- 1 large tomato, sliced
- 4 asparagus spears, lightly steamed
- Spinach to serve



Method

1. First, place avocado in a small bowl, add lime juice, garlic and season to taste. Leave to one side.
2. Mix spring onion into egg mixture and season well.
3. Melt oil in crepe pan on low heat.
4. Using a ladle pour the egg mixture in a very thin layer onto pan, swirling to edges.
5. As it starts to set use a spatula to turn over to other side (or flip it) and cook for another 1 -2 minutes.
6. Carefully lay on plate and spread avocado mix in middle, top with tomato slices, asparagus and spinach.
7. Roll into a wrap and enjoy immediately.

Masala Omelette Serves 1

You will need a deep frying pan for this dish; it can also be done in a bowl rather than in a blender

Ingredients

- 3 eggs, beaten
- Pinch of curry powder
- 1 clove garlic, crushed
- ½ red chilli pepper, deseeded
- ½ red onion, chopped roughly
- 4 cherry tomatoes
- Few sprigs of coriander
- 1 tsp coconut oil, to fry
- Pinch of himalayan sea salt
- Black pepper to taste
- Spinach to serve



Method

1. Preheat grill to medium-high heat.
2. Place eggs into a blender and pulse until they are well beaten.
3. Add in all other ingredients except oil and coriander.
4. Pulse in blender until mixture is pale in color and slightly frothy.
5. Melt oil in frying pan and pour in mixture, swirling to edges to ensure even cooking.
6. Cook for 3 minutes until eggs start to set.
7. Sprinkle over coriander leaves then place under a hot grill for another 3 minutes or until cooked.
8. Place on a plate, top with spinach, fold over and enjoy.

Protein Pancakes

These pancakes can be made the night before and warmed through or eaten cold.

Ingredients

- 4 eggs, whisked
- ½ tsp cinnamon
- 1 tsp organic cashew nut butter
- 1 banana, well ripened
- 1 tbspc coconut milk (or almond milk)
- 6 walnuts
- Seeds of 1 whole vanilla pod (optional)
- 100g mixed berries (frozen berries will also work)
- 1 tsp coconut oil for frying



Method

1. Place all ingredients except berries and coconut oil into a blender.
2. Pulse until smooth and frothy, should be a nice pale color.
3. Chop walnuts roughly in a bowl, add berries then pour egg mixture in and stir well.
4. Heat oil in a large frying pan on medium heat.
5. To make 3 small pancakes in the first batch, use a ladle and pour a small amount of the egg mixture into the pan.
6. When bubbles start to form on top flip over and cook until brown on the underside.
7. Keep warm until the second batch is made.
8. Serve warm sprinkled with a little more cinnamon.

Breakfast Berry Quinoa Serves 1

Ingredients

- 100ml coconut milk
- 100ml water
- 30g raw red quinoa
- 1 whole vanilla pod, split
- 100g mixed berries (frozen berries will also work)
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 3 walnuts, chopped
- 3 almonds, chopped



Method

1. Combine milk, water, vanilla pod and quinoa in a medium saucepan.
2. Bring to the boil, lower heat, cover and simmer for 10 – 15 minutes until most of liquid has been absorbed.
3. Take off heat and let stand for 10 minutes.
4. While quinoa is standing, heat a small frying pan and dry fry berries for 2 -3 minutes taking care not to burn it.
5. Remove vanilla pod from quinoa and stir in berry mixture.
6. Serve in a bowl sprinkled with chopped nuts.

Spicy Sweet Potato Hash with Poached Eggs

Taste great with some poached asparagus on the side.

Ingredients

- 1 sweet potato
- 1 spring onion, sliced
- ½ red pepper, chopped finely
- 2 egg
- Pinch of himalayan sea salt
- Black pepper to taste
- ½ tsp cayenne pepper
- 1 tsp coconut oil, melted



Method

1. Preheat oven to 200°, Gas mark 6.
2. Peel and chop sweet potato into bite-sized cubes.
3. Toss with melted coconut oil in a large bowl.
4. Season with salt, pepper, and cayenne pepper to taste.
5. Place on a baking tray and roast for 30-45 minutes, turning once during cooking.
6. Meanwhile boil some salted water in pan to poach eggs.
7. When sweet potato is cooked switch off oven and leave to keep warm while poaching eggs.
8. While eggs are poaching mash potato in a bowl then mix in spring onions and red pepper.
9. To serve place mash on plate, making 2 wells for poached eggs.
10. Place eggs in wells, season and enjoy.

Chia Cereal with Cardamom, Blueberries and Walnuts Serves 1

Ingredients

- 3 tbsp chia seeds
- 200ml almond milk (or coconut milk)
- 1 tsp flaked almonds
- Pinch of ground cardamom
- 50g blueberries
- 4 walnuts, chopped roughly



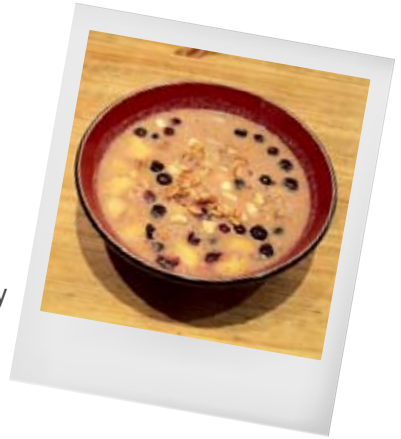
Method

1. In a bowl, mix the chia seeds and almond milk, cover and refrigerate overnight or for several hours.
2. Remove from the fridge and stir in cardamom, blueberries and nuts.
3. Serve and enjoy.

Brown Rice Porridge

Ingredients

- 1 tsp coconut oil
- 150ml almond milk
- 30g cooked brown rice
- 50g blueberries
- Half an apple, cored and chopped finely
- ½ tsp ground cinnamon
- 1 tsp chia seeds
- 1 tsp flaked coconut
- 3 almonds, roughly chopped
- 3 walnuts, roughly chopped



Method

1. Melt coconut oil in a small pan on a low heat.
2. Add in apple and cook for 1 -2 minutes until soft.
3. Add all other ingredients except nuts and simmer for 3 minutes.
4. Stir in nuts to serve.

Sunrise Smoothie Serves 1

Ingredients

- 1 ripened banana
- 150ml coconut milk (rice or almond milk also work well)
- 1 tsp organic cashew nut butter
- 1 tsp coconut oil
- ½ tsp raw cacao powder
- Hand full of fresh spinach
- 2 -3 ice cubes



Method

1. Place all ingredients into a blender with ice cubes and blend until smooth.
2. Serve immediately.

Banana and Almond Pancakes Serves 2

Ingredients

- 2 eggs, whisked
- 250ml coconut or almond milk
- 1 large ripe banana
- 30g almond flour (ground almonds)
- 1 tsp cashew or almond butter
- 2 tsp coconut oil
- Juice of 1 lemon
- Pinch himalayan sea salt
- 2 tbsp blueberries
- 1 tsp ground cinnamon



Method

1. Place all ingredients except blueberries, oil and cinnamon into a blender.
2. Pulse until mixture forms a light batter, add more milk if needed.
3. Melt coconut oil in frying pan on a medium heat.
4. Place a large tablespoon of batter into pan and cook for 2-3 minutes, when bubbles start to show flip over to cook underside.
5. Repeat with remaining mixture and keep pancakes warm.
6. Wipe frying pan clean and heat, then dry fry blueberries until start to pop.
7. Serve pancakes with warm blueberry mix sprinkled with cinnamon.

Baked Eggs and Spicy Beans Serves 2

Ingredients

- 2 eggs
- 1 tin 400g cannellini beans, rinsed and drained
- 1 tin 400g chopped tomatoes
- 2 cloves of garlic, crushed
- 1 red onion, finely chopped
- 1 red chilli, deseeded and chopped finely
- 1 tbsp chopped fresh coriander, chopped
- 1 tsp ground paprika
- ½ lime
- Himalayan sea salt and black pepper to taste
- Coconut oil



Method

1. Heat oil in deep pan then add in garlic, chilli and onion. Sauté until softened careful not to brown.
2. Add in the beans, paprika and chopped tomatoes. Simmer over low heat until slightly thickened.
3. Squeeze in lime juice and stir.
4. Check for seasoning and add accordingly.
5. Divide bean mixture into 2 large ramekins and make a well in the centre of each.
6. Carefully crack eggs into well and place under hot grill for 3 -5 minutes depending on how you like your eggs.
7. Finish off with coriander and season to taste.

Greek Breakfast Crunch Serves 2

The crunch for this recipe makes a great granola alternative and can be stored in an airtight container for a few days.

Ingredients

- 100ml/ 3½ fl oz greek, goats or live yoghurt

For the crunch

- 1 Teaspoon coconut oil
- 30g/1oz chopped hazelnuts
- 30g/1oz sunflower seeds
- 30g/1oz pumpkin seeds
- 30g/1oz gluten free oat bran
- 30g/1oz organic gluten free oat flakes
- ½ teaspoon ground cinnamon



Method

1. For the crunch – heat the oil in a large frying pan.
2. Add the nuts, seeds, oat bran, oats and cinnamon and heat gently whilst stirring. The mixture will turn pale golden in color and you will smell it toasting.
3. Remove from heat and tip on to a plate to cool.
4. Divide in some of the mixture between two bowls and layer with the yoghurt.
5. Sprinkle with cinnamon to finish.

Homemade Muesli Serves 2

You can place the cereal flakes in a bowl and pour the milk over them then leave for at least two hours, preferably overnight, in the fridge, or you can serve and eat instantly for a crunchier taste.

Ingredients

For the muesli

- 85g (3oz) mixture of gluten free oats, millet and rye flakes
- 1 tbsp of toasted sunflower and pumpkin seeds
- 25g (1oz) toasted flaked almonds

For the topping

- 125ml (¼ pint) cold almond milk
- 175-200g 6-7oz fresh berries



Method

1. Mix the oats, millet and rye flakes with the sunflower, pumpkin seeds and almonds into a bowl.
2. Sprinkle the seasonal berries and cover with ice cold almond milk.

Green Power Smoothie Serves 1

Ingredients

- 150ml cold filtered water
- 150ml coconut milk
- ½ ripe avocado
- 20g fresh spinach
- 20g fresh watercress
- 1 inch cucumber
- Sprig of fresh mint
- 1 teaspoon coconut oil
- Lime of 1 juice
- Cinnamon to dust



Method

1. Liquidize all ingredients until smooth – simple!

Blueberry Omelette Serves 2

Who says omelettes have to be savoury, this sweet version makes a great alternative!

Ingredients

- 2 eggs
- 1 tsp of ground cinnamon
- Splash of vanilla extract
- 1 punnet of blueberries
- 1 tbsp almond oil



Method

1. Warm about $\frac{3}{4}$ blueberries in a pan on a low heat with a tiny bit of water.
2. Whisk the eggs; add the cinnamon, the vanilla and the rest of the blueberries.
3. Heat the oil in a pan and add in the mixture, heat until the mixture has solidified.
4. Serve with the warmed blueberries and a sprinkle of cinnamon.

Breakfast Muffins Makes One Dozen (12)

These muffins store in a sealed container for up to 3 days and make a great alternative when you need breakfast on the run.

Ingredients

- 2 large eggs
- 150ml pot of organic live yoghurt
- 50ml coconut oil, melted
- 100g pureed apples
- 1 ripe banana, mashed
- 1 tsp vanilla extract
- 200g buckwheat/rye or gluten free oat flour
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda
- Pinch of salt
- 1½ tsp cinnamon
- 50g rolled gluten free oats, plus extra for sprinkling
- 100g blueberries
- 2 tbsp mixed seeds, we used pumpkin, sunflower and Linseed
- 1½ tsp stevia if required – try to avoid using if you can



Method

1. Heat oven to 180°C gas 4. Line a 12 hole muffin tray with 12 large muffin cases.
2. In a jug mix the eggs, yoghurt, oil, apples, banana, honey and vanilla.
3. Sift the flour, baking powder, bicarbonate of soda, salt, and cinnamon into a large bowl.
4. Add in the oats and berries and mix to combine.
5. Pour the wet mix into the dry and mix briefly until you have a smooth batter, don't over-mix, as it will make the muffins heavy. Spoon the batter between the cases.
6. Sprinkle the muffins with the extra oats and the seeds.
7. Bake for 25-30 mins until golden and well risen, when a skewer is inserted into the muffin and it comes out clean.

Asparagus Omelette Serves 1

Ingredients

- 3 beaten eggs
- 6 asparagus spears
- 30gms hard grated goats cheese
- 1 tbsp coconut oil

Method

1. Add asparagus to a large pan of boiling water, par boil for 3 minutes.
2. Preheat the coconut oil in a large frying pan.
3. Tip the eggs into the pan and shake until the omelette is formed.
4. Place the asparagus in a line down the middle and cover with the goat cheese.
5. Fold the omelette and serve on to warm plate.
6. Serve immediately.



Beetroot, Lemon and Ginger Breakfast Zing Serves 2

Ingredients

- 2 raw beetroot
- 6 sticks of celery
- 2 carrots
- 1 apple
- ½ cucumber
- ¼ lemon with rind
- ¼ tsp ginger
- Ice cubes to serve



Method

1. Wash the fruit & vegetables, removing stalks.
2. Turn on juicer and push all ingredients through, finishing with the ginger.
3. Sip the juice and adjust to suit taste, to sweeten the juice add another half an apple.

Poached Eggs on Sautéed Spinach & Garlic Serves 2

Ingredients

- 4 large eggs
- 1 tbsp coconut oil
- 1 bag of fresh spinach – washed
- 1 clove garlic
- 2 tsp sesame seeds
- Dash of vinegar

Method

1. Bring a large pot of water to a rolling boil; add in a splash of vinegar.
2. Pre-crack the eggs in to separate remaining dishes.
3. While the water is boiling heat the oil in the pan, add in the spinach, garlic and sesame seeds; turn on a low heat and cover.
4. Meanwhile turn the water down and create a whirlpool by stirring the water.
5. Pour the eggs directly in to the middle of the whirlpool one by one, put back on a high heat, but do not allow the water to boil.
6. Leave 2-3 minutes depending on how you like your eggs.
7. Use a slotted spoon to remove the eggs one at a time and turn out on to kitchen paper.
8. Turn the spinach out onto two plates, placing two eggs on top of each.



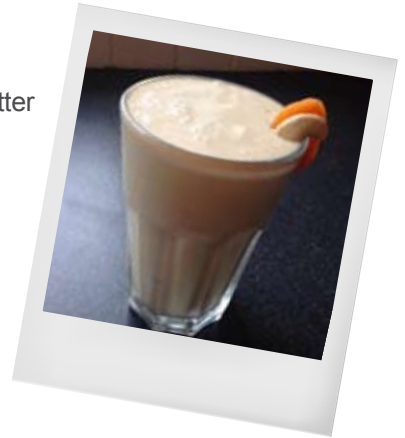
Apricot and Cashew Smoothie Serves 2

Ingredients

- 75g raw cashews or 2-3 tsp of cashew butter
- 240ml of coconut or almond milk
- 1 tsp pure vanilla extract or essence
- 1 banana, peeled and cut into chunks
- 8 un-sulfured dried apricots
- Add a pinch of cinnamon too!

Method

1. Grind cashew nuts until smooth.
Set aside.
2. In a blender, process the apricots and coconut/Almond milk until smooth.
3. Add all the other ingredients and blend until creamy.
4. Serve in a cool glass and enjoy!



Apricot Flap Jacks Serves 12-16 bars

Ingredients

- 200g gluten free porridge oats
- 2 tbsp raw honey
- 2 tbsp organic full fat Butter
- 1 tbsp coconut palm sugar
- 10 apricots or ½ grated apple
- 50g almond flakes



Method

1. Melt the honey, coconut sugar and butter together in a pan over a gentle heat.
2. When thoroughly melted, mix in the gluten free oats, grated apricots, flaked almonds and press the mixture into a buttered cake tin an 8 inch square tin does well.
3. Bake in the oven for 15-20 minutes at 180C/Gas Mark 5 or until just beginning to brown.
4. Cut lines into the 'cake' while still warm. Cool and break into bars.

Walnut and Coco Crunch Serves 20 (keeps well in an air-tight container)

Ingredients

- 600g gluten free oats
- 150g brown rice flour
- 125g chopped walnuts
- 125g sunflower seeds
- ½ tsp sea salt
- 50g organic full fat butter
- 120ml coconut sugar or raw honey
- 2 tbsp coconut oil
- 2 tbsp water
- 2 tsp vanilla extract
- 150g cacao nibs
(cacao nibs goes in last when dry and cool)



Method

1. Preheat oven to 170°C/Gas Mark 3.
2. Combine Gluten free oats, Brown rice flour, walnuts, sunflower seeds and salt in a large bowl.
3. In a separate silver bowl, heat sugar, Coco oil, water and vanilla until melted.
4. Pour over dry ingredients and mix thoroughly until moistened evenly.
5. Divide mixture between two large oven trays, spreading out into a 2cm/1 inch thick layer.
6. Bake until golden brown, stirring well every 15 minutes – use a timer.
7. Cooking time total 50-60 minutes.
8. Remove from oven, empty into large container/dish and leave until completely cool.
9. Then add 150g grated cacao nibs, mix contents well and place in air tight container.
10. Serve with Almond/Coconut milk/Full fat greek yoghurt.
11. When the granola is cooled completely, store it in airtight containers in the fridge or a cool cupboard.
12. Other options include chopped dates, chopped un-sulfured apricots, or any dried fruit of your choice.

The Ultimate Veggie Full English Breakfast Serves 2

Ingredients

- 2 tsp coconut oil
- 1 soft avocado chopped
- 4 free range eggs
- 1 chestnut mushroom chopped
- 2 tomatoes chopped in half
- 50g tofu cut into small pieces
- 2 handfuls of spinach leaves
- ½ tsp mixed herbs
- 1 tbsp apple cider vinegar



For the Beans

- 1 tsp coconut oil
- 200g five bean mix (in water)
- ½ finely chopped onion
- 1 garlic clove crushed/finely chopped
- ½ tsp cayenne pepper
- 1 tomato
- 1 tsp tomato puree
- Small handful of chopped fresh coriander
- Pinch of Himalayan sea salt
- 1-2 tbsp hot water

Method

1. Heat 2 tsp of coconut oil in frying pan on medium heat.
2. Bring 1 medium sized saucepan of water to the boil.
3. Place tomato halves, mushrooms, tofu and mixed herbs in melted coconut oil in frying pan.
4. Mix and stir until golden brown then serve on plate.
5. Place 1 tbsp vinegar in boiling water, crack in 4 eggs and leave to boil for 60 seconds.
6. Take the eggs out using a straining spoon and drain all water before serving on plate.

Method for beans

1. Melt 1 tsp coconut oil in small medium heated saucepan.
2. Add chopped coriander, garlic and onion stirring for a few minutes.
3. Then add beans to the pan and stir for a further few minutes.
4. Blend 1 chopped tomato, tomato puree and water in a jug with hand blender.
5. Add blended tomato mix, cayenne pepper and sea salt to the pan and stir together.
6. Simmer on low heat for 5 minutes, stirring occasionally then serve.
7. Place your eggs, beans, tomato, tofu and mushrooms on your plate.
8. Serve with a handful of spinach leaves and chopped avocado...Enjoy!

Breakfast Chilli Serves 2

Ingredients

- 1 tbsp coconut oil
- 1 red pepper chopped
- 1 chopped tomato
- ½ chopped and de-seeded green/red chilli
- Garlic clove crushed/finely chopped
- ½ red onion
- 50g kidney beans - tinned, washed and drained
- 5 eggs beaten
- Large handful of chopped spinach leaves
- 1 avocado



Method

1. Heat coconut oil in a pan on a medium heat then add the chopped peppers, onion, chilli, tomatoes, garlic and stir.
2. After a few minutes add the beans.
3. Then add the eggs to the pan and stir/scramble through until cooked.
4. Serve with chopped spinach leaves and chopped avocado.
5. Dress in 1 tbsp Extra Virgin Olive oil and a pinch of Himalayan sea salt.

Vegan Eggs Benedict Serves 2-4

Ingredients

For the Vegan Hollandaise Sauce:

- 6 pepper corns
- 1 dried bay leaf
- 80g tofu
- 125g organic full fat Butter
- 1tsp turmeric
- 4tbsp white balsamic vinegar
- Juice of 1 squeezed lemon
- Himalayan sea salt and ground black pepper to taste



For Scrambled Tofu:

- 1 tbsp coconut Oil
- ½ finely chopped onion
- 1 crushed/finely chopped garlic clove
- 1 tbsp brown rice flour
- 200ml almond milk
- 1 block tofu crumbled
- Medium finely chopped tomatoes
- 1 tsp crushed mustard seeds
- Himalayan sea salt and freshly ground black pepper

For Muffins:

- 2-4 Portobello mushrooms

Method

For Vegan Hollandaise Sauce

1. Put the vinegar in a small pan with the peppercorns and bay leaf. Reduce the vinegar over a high heat until there is only 1 tbsp left. Strain the peppercorns and the bay leaf from this reduction.
2. Put the silken tofu in a food processor with the vinegar reduction.
3. Gently melt the Butter so the solids fall to the bottom of the saucepan.
4. Add the turmeric and turn the food processor on and slowly pour the butter on to the tofu with the motor still running. The sauce will start to thicken. When only the butter solids are left, stop.
5. If the sauce is too thick, add a little hot water.
6. Season to taste with salt and pepper and a little lemon juice.
7. Set aside to cool.

For Scrambled Tofu

1. Fry the onion and garlic on a low heat until soft.
2. Stir in the flour, followed by the Almond Milk.
3. Add the tofu, tomatoes, ground mustard seeds and stir for 3 minutes.

For Mushroom Muffins

1. Lightly fry 2 Portobello mushrooms on both sides in butter or coconut oil until light golden brown and soft.

To serve

1. Plate up two Mushroom muffins on a plate, spoon on scrambled tofu, then top with a dollop of hollandaise.
2. Optional...Add a handful of spinach and rocket to the side.
3. Serve and enjoy immediately!

TIP: You can also make this dish with scrambled eggs instead of scrambled tofu.

Chickpea Protein Pancake's Serves 2

Ingredients

- 1 tsp coconut oil
- Spring onions, finely chopped
- ½ chopped red pepper
- 100g chickpea flour (also known as gram flour or besan)
- 1 crushed garlic clove
- ¼ tsp Himalayan sea salt
- 1/8 teaspoon freshly ground black pepper
- ¼ teaspoon baking powder
- ½ red chilli finely chopped
- ½ cup water



To serve

- ½ chopped avocado
- 1 chopped tomato
- Handful of spinach leaves
- Hummus

TIP: Cover and keep some extra pancakes aside for your Breakfast Burrito recipe coming up further down!

Method

1. Preheat 1 tsp coconut oil in a 10-inch skillet over medium heat.
2. In a small bowl, whisk together the chickpea flour, garlic, salt, pepper, baking powder, and chilli.
3. Add the water and whisk well until no clumps remain.
4. Whisk it for a good 15 seconds to create lots of air bubbles in the batter.
5. Stir in the chopped vegetables.
6. When the skillet is pre-heated add tsp coconut oil and cover pan once melted
7. Pour out half of the batter and quickly spread it out all over the pan.
8. Cook for about 5-6 minutes on one side, until you can easily slide a pancake flipper/spatula under the pancake and its firm enough not to break when flipping.
9. Flip pancake carefully and cook for another 5 minutes, until lightly golden.
10. Be sure to cook for enough time as this pancake takes much longer to cook compared to regular pancakes.
11. Serve on a large plate and top with your desired toppings.
12. Drizzle Extra Virgin Olive oil over for extra moisture and taste.

Lean Green Breakfast Stir Fry Serves 2

Ingredients

- 1 chopped leek
- 1 large handful of fresh kale
- 1 large handful of spinach leaves
- 200g of bean sprouts
- Handful of chopped mushrooms
- 2 tsp coconut oil
- 2 tsp paprika
- 4 eggs



Method

1. Heat a wok on a medium heat and place 1 tsp coconut oil in pan.
2. Place chopped leek and mushrooms and paprika in wok first and stir until light golden brown for a few minutes.
3. Next add the bean sprouts and continue to stir for another 2 minutes.
4. Add kale and spinach, continue stirring until kale and spinach becomes soft.
5. Serve vegetable stir fry into your breakfast bowl.
6. Add another tsp of coconut oil into the same wok, once the oil is melted add 4 beaten eggs.
7. Using a tablespoon stir the eggs until softly scrambled and serve on top of vegetables.
8. Drizzle 1 tbsp of Extra Virgin Olive Oil or Tamari soy sauce over the dish (optional).
9. Serve and Enjoy!

Breakfast Burrito's Serves 2

Ingredients

- Chickpea tortilla's (use chickpea pancake recipe)
- 4 large free range eggs
- 1/8 teaspoon Himalayan sea salt
- Freshly ground pepper, to taste
- 1 tsp coconut oil
- 1-2 chopped green chillies
- 60g cup crumbled goats cheese
- 50g cup Greek yoghurt



For Black Bean Salsa

- A tin of seeded, diced plum tomatoes, (3-4 tomatoes)
- A tin of canned black beans, rinsed
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lime juice
- 1 ½ teaspoons extra-virgin olive oil
- 1/8 teaspoon salt
- (Optional) 2-3 Chopped jalapenos

Method

1. Preheat oven at 180°.
2. Wrap tortillas in foil and heat in the oven for 5 minutes.
3. Blend eggs, salt and pepper in a medium bowl with a fork until blended.
4. Heat coconut oil in a 10-inch nonstick skillet over medium-low heat. Add chillies and cook, stirring, for 1 minute.
5. Add eggs and stir slowly with a spoon or until soft and fluffy curd form (2-3 minutes).
6. To serve, divide eggs evenly among the tortillas. Sprinkle each with about 2 tablespoons of goat's cheese and roll up.
7. Serve with Black Bean salsa and Greek Yoghurt.

For Black Bean Salsa

1. Combine all ingredients in a medium bowl; stir to blend.
2. Refrigerate until ready to serve.

Peanut Energy Bars Serves 12-16 bars

Ingredients

- 200g of gluten free porridge oats
- 4 large tbsp of organic cashew butter
- 50g organic full fat butter
- 2 chopped bananas
- 3 tbsp of raw honey/coconut palm sugar
- 100g of 3 seed mix (flax seed, sunflower, pumpkin)
- Handful of mixed walnuts, crushed
- 50g flaked almonds
- Zest of lemon & orange



Method

1. Pre heat oven at 180°.
2. Melt butter, nut butter and honey/sugar in a large saucepan.
3. Mash bananas and add to saucepan.
4. Once mixture is melted reduce temperature to lowest mark 1.
5. Add oats, seeds, nuts, lemon & orange zest and mix together well.
6. Place baking paper into baking tin and grease with butter.
7. Place mixture into tin and spread evenly, 1 inch thick.
8. Sprinkle seeds and drizzle honey over mixture to finish.
9. Place in oven for 20-30 minutes until golden brown.
10. Take out to cool and then cut into bars.
11. Serve with tbsp of Greek yoghurt and enjoy!

Egg, Kale and Tomato Stack Serves 2

This delicious breakfast can all be made in the same pan for a speedy morning feast

Ingredients

- 1 organic egg
- 2 slices of beef tomatoes
- 1 handful of kale
- 1 tsp coconut oil
- Salt and pepper to season

Method

1. Heat oil gently in a large frying pan, add the tomatoes and cook on a medium heat until starting to brown.
2. Turn tomatoes over and add the egg and kale into the other part of the pan.
3. Return cover and cook for a further 3-5 minutes depending how you like your eggs.
4. Layer the tomato & kale placing the egg on top.
5. Season to taste



Spiced Quinoa Porridge Serves 2

Ingredients

- 100ml (7fl oz) boiling water
- 100ml (7fl oz) coconut milk
- 50g (2oz) quinoa
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- Juice of ½ lemon
- Zest ½ orange
- 1 apple, cored & grated
- 2 tbsp sunflower seeds



Method

1. Put the quinoa into a saucepan.
2. Add in ground spices & lemon juice.
3. Pour water & coconut milk in to the saucepan & stir well.
4. Bring to the boil and cook over a medium heat until the mix has thick consistency.
5. Stir in the orange zest.
6. Serve in to bowl, top with grated apple and sunflower seeds.



Lunches

Spanish Frittata Serves 2

This makes is a quick and delicious meal that the whole family can enjoy!

Ingredients

- 1 potato, weighing about 110g (4oz)
- 2 tsp coconut oil
- ½ courgette, weighing about 80g (3oz), sliced thinly
- ½ onion, chopped
- 3 large eggs, beaten
- 1 rounded tbsp shredded fresh basil leaves
- 1 crushed garlic clove
- Sea salt and freshly ground black pepper



Method

1. Slice the potato very thinly and rinse the slices in cold water to remove excess starch. Dry thoroughly on a tea towel.
2. Heat the oil in a non-stick frying pan.
3. Arrange the potatoes in a single layer and cook over a medium heat for about 10 minutes, until they are just cooked. Turn frequently.
4. Preheat the grill to high.
5. Add the courgette and onion to the pan. Continue to cook for a further 5 minutes, moving the ingredients around the pan every now and then so that they are evenly tinged with brown.
6. Reduce the heat slightly. Whisk a little salt and some pepper into the eggs and pour into the pan. Scatter the basil over the top and cook for 3 minutes, to set the egg underneath.
7. Place the pan under the grill (ensuring that the handle is not directly under the heat) and cook for a further 3-4 minutes, until puffy and golden. Serve hot, at room temperature or cold.

Mexican Bean Salad Serves 2

Ingredients

For the dressing:

- ½ tsp paprika
- ¼ tsp ground cumin
- 1/8 tsp mild chilli powder
- 1 small garlic clove, peeled
- Juice of ½ lime
- 1/8 tsp dried oregano
- 1½ tbsp olive oil
- Coarse sea salt



For the salad:

- 420g can of borlotti or mixed beans, rinsed and drained
- ½ orange, red or yellow pepper, de-seeded and diced
- 1 ripe tomato, skinned, de-seeded and chopped
- ½ bunch of spring onions, sliced
- ½ fat red chilli, de-seeded and chopped very finely (wear rubber gloves to protect your hands)
- 1 ripe avocado, halved, stone removed and flesh diced
- 1 rounded tbsp chopped fresh coriander

Method

1. Firstly make the dressing. Dry-fry the spices by placing the paprika, cumin and chilli powder in a small frying pan. Cook over a low heat for 1-2 minutes, just to release their flavor. Watch them like a hawk, as they tend to burn easily. (Your sense of smell will tell you when they are ready!)
2. Place the cooked spices in a small mixing bowl. Pound the garlic to a purée with a little sea salt and add with the lime juice and oregano. Gradually whisk in the oil and sugar.
3. Combine all the salad ingredients in a serving dish, pour over the dressing and stir well to combine.
4. Set aside for at least an hour, longer if possible, to allow the flavors to develop.
5. Enjoy!

Roast Rataouille Baked with Goats Cheese Serves 4-6

This is a fabulous center of the table dish – ideal for lunch with friends as either a side of main dish.

Ingredients

For the dressing:

- 1 large aubergine
- 3 red onions
- 4 sweet mixed peppers, seeded
- 3 courgettes
- 400gms organic chopped tomatoes
- 2 tbsp coconut oil
- 2 tbsp tomato puree
- 2 garlic cloves, crushed
- ½ tsp paprika
- 1 tsp fresh rosemary or thyme
- 1 tbsp dried mixed herbs
- Salt n' pepper
- 2 goats cheese logs – approx. 140gms each



Method

1. Preheat the oven to 200°C/400°F/Gas 6.
2. Cut all vegetables into large chunks, ie. Cut a courgette into 4 large chunks.
3. Melt coconut oil in large roasting tray – add vegetables, herbs, season generously with salt and pepper and toss together so all veg is coated evenly.
4. Roast in top of the oven for 30 mins, or until the vegetables are brown
5. Remove tray and turn vegetables over, returning to oven for another 10 minutes.
6. Stir in garlic, paprika, tomatoes and tomato puree and return for another 20 minutes.
7. Arrange sliced goats cheese on top and return to oven for another 5-10 minutes until cheese is bubbling.

Chickpea Soup Serves 2

Ingredients

- 200g (7oz) dried chickpeas, soaked in cold water overnight
- 1 tbsp coconut oil
- ½ onion, finely chopped
- 1 garlic clove, finely chopped
- 1 fresh rosemary sprig
- 230g (8oz) can chopped tomatoes
- Salt and pepper



Method

1. Drain the chickpeas and put in a large saucepan. Cover with fresh cold water and bring to the boil, skimming off any foam that rises to the surface with a slotted spoon. Reduce the heat and simmer, uncovered, for 1-1¼ hours until tender, topping up with water if necessary.
2. Drain the chickpeas, reserving the cooking water. Season the chickpeas well with salt and pepper. Put two-thirds in a food processor or blender with some of the reserved cooking water and process until smooth, adding more of the cooking water if necessary to achieve a soup consistency. Return to the saucepan.
3. Heat the oil in a medium saucepan, add the onion and garlic and cook over a medium heat, stirring frequently, for 3-4 minutes until the onion is soft. Add the rosemary and cook, stirring frequently, for 3-4 minutes. Add the tomatoes and cook for a further 5 minutes, or until the tomatoes have broken down to an almost smooth sauce. Remove the rosemary.
4. Add the tomato mixture and remaining chickpeas to the chickpea purée and simmer for 2-3 minutes. Taste and adjust the seasoning if necessary.

Bean and Cabbage Soup Serves 2

Ingredients

- 100g (3oz) dried cannellini beans, soaked in cold water overnight
- 1½ tbsp olive oil
- 1 red onion, roughly chopped
- 2 carrots, peeled and sliced
- 2 celery sticks, roughly chopped
- 2 garlic cloves, roughly chopped
- 300ml (½ pint) water or vegetable stock
- 230g (8oz) can chopped tomatoes
- 1 tbsp chopped fresh flat leaf parsley
- 250g (9oz) black cabbage, trimmed and finely sliced
- Salt and pepper



Method

1. Drain the beans and put in a large saucepan. Cover with fresh cold water and bring to the boil, skimming off any foam that rises to the surface with a slotted spoon. Reduce the heat and simmer, uncovered, for 1-1½ hours until tender, topping up with water if required.
2. Meanwhile, heat the olive oil in a large saucepan, add the onions, carrots and celery and cook over a medium heat, stirring frequently, for 10-15 minutes until soft. Add the garlic and cook, stirring, for 1-2 minutes.
3. Drain the beans, reserving the cooking water, and add half the beans to the vegetable mixture. Pour in the measured water and tomatoes, add the parsley and season well with salt and pepper. Bring to a simmer and cook, uncovered and stirring occasionally, for 30 minutes. Add the black cabbage and cook, stirring occasionally, for a further 15 minutes.
4. Put the remaining beans in a food processor or blender with some of the reserved cooking water and process until smooth. Add to the soup. The soup should be thick, but add more of the reserved cooking water to thin if necessary. Continue to cook until heated through.

Cauli Couscous Serves 2 as a main course

Great as a barbeque dish with added roasted veggies

Ingredients

- 1 small head of cauliflower (approx 1lb/450g)
- 1 tbsp coconut oil
- 1 large onion, finely chopped
- ¼ tsp cayenne pepper (or mild chilli powder to taste)
- 1 tsp paprika
- 1 clove garlic, crushed
- Salt and freshly ground black pepper
- 15g/ ½ oz fresh coriander (½ pkt), roughly chopped
- 1 large egg, beaten



Method

1. Cut the cauliflower into florets, discarding the core and leaves. Put the florets into a food processor and whizz briefly, using the pulse action, until it is finely chopped (but not powdered).
2. Heat the coconut oil in a large frying pan with the onion. Cover and cook over a gentle heat for 5 minutes until starting to soften and turn pale golden brown.
3. Stir in the cayenne, paprika and garlic. Stir together well and continue to cook over a low heat for a further 8-10 minutes or until the cauliflower is just tender.
4. Add the coriander and stir together. Then add the egg and stir it in until it has disappeared. Check the seasoning before serving.

Peppers with Feta Serves 2

Ingredients

- 60g feta cheese (drained weight)
- 6 long, slender red or yellow peppers or short, thick fresh red chillies, rubbed with olive oil
- Extra virgin olive oil, for drizzling
- Pepper



Method

1. Put the cheese in a bowl with warm water to cover. Let soak for 1 hour, changing the water 2-3 times.
2. Meanwhile, preheat the grill to its highest setting. Put the peppers in a roasting tin and cook under the grill, about 10cm/4 inches from the heat, for 10 minutes, turning once, until the skins are just charred. Transfer to a bowl, cover with a folded clean tea towel and leave to cool.
3. When cool enough to handle, peel away the skins, then cut off the tips so that they are about 4cm/1½ inches long. Use a teaspoon to scrape out the seeds and membranes from the pepper tips, being careful not to tear the flesh.
4. Put the drained cheese in a bowl and use a fork to mash into a thick paste. Put 1 tsp of the cheese in each pepper tip and use your fingers to push it into the cavity, handling gently to prevent tearing.
5. Put on a serving plate, drizzle with oil and season to taste with pepper.
6. Cover and chill in the refrigerator until ready to serve.

Sweet Potato & Apple Soup Serves 2

Ingredients

- 2 tsp butter
- 1½ leeks, thinly sliced
- 1 small carrot, thinly sliced
- 300g sweet potatoes, peeled and diced
- 1 large green apple, peeled and diced
- 500ml (1 pint) water
- Freshly grated nutmeg
- 110ml (4floz) fresh apple juice
- 110ml (4floz) coconut cream
- Salt and pepper
- Snipped fresh chives or coriander, to garnish



Method

1. Melt the butter in a large saucepan over a medium-low heat. Add the leeks, cover and cook for 6-8 minutes, or until soft, stirring frequently.
2. Add the carrot, sweet potatoes, apple and water. Season lightly with salt, pepper and nutmeg to taste. Bring to the boil, reduce the heat and simmer, covered, for about 20 minutes, stirring occasionally, until the vegetables are very tender.
3. Allow the soup to cool slightly, and then transfer to a blender or food processor and purée until smooth, working in batches if necessary. (If using a food processor, strain off the cooking liquid and reserve. Purée the soup solids with enough cooking liquid to moisten them, then combine with the remaining liquid.)
4. Return the puréed soup to the saucepan and stir in the apple juice. Place over a low heat and simmer for about 10 minutes, until heated through.
5. Stir in the cream and continue simmering for about 5 minutes, stirring frequently, until heated through. Taste and adjust the seasoning, adding more salt, pepper and nutmeg, if necessary.
6. Ladle the soup into warmed bowls, garnish with chives or coriander and serve.

Red Curry with Leaves Serves 2

Ingredients

- 1 tbsp coconut oil
- 1 onion, thinly sliced
- ½ bunch fine asparagus spears
- 200 ml (7floz) canned coconut milk
- 1 tbsp red curry paste
- 2 fresh kaffir lime leaves
- 110g (4oz) baby spinach leaves
- 1 head pak choi, chopped
- 1 small head Chinese leaves, shredded
- Small handful of fresh coriander chopped
- Cooked rice, to serve



Method

1. Heat the oil in a preheated wok, add the onion and asparagus and stir-fry over a medium-high heat for 1-2 minutes.
2. Add the coconut milk, curry paste and lime leaves and bring gently to the boil, stirring occasionally.
3. Add the spinach, pak choi and Chinese leaves and cook, stirring, for 2-3 minutes until wilted.
4. Add the coriander and stir well. Serve immediately with rice.

Moroccan Spiced Soup Serves 2

This soup is great done in the slow cooker as well as on the hob.

Ingredients

- 2 litres of vegetable stock
- 2 cloves garlic, sliced
- 1 large sweet potato, peeled and diced
- 1 red pepper, seeded and sliced thinly
- 1 red chilli, chopped
- 1cm of fresh ginger, chopped finely
- 1 tin of organic chickpeas, rinsed and drained
- 1 tin coconut milk
- 1 lime, juiced
- 1 tbsp red curry paste, or to taste
- 1 tsp coconut oil
- 1 tbsp chopped fresh coriander
- 1 head of bok choy greens, sliced
- 1 handful of bean sprouts
- ½ lime, cut into 2 wedges
- Black pepper to taste



Method

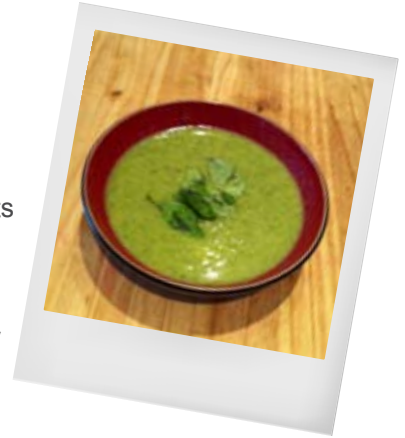
1. Heat oil in pan then fry off garlic, chilli and ginger taking care not to brown.
2. Stir in curry paste and fry for 1 minute before adding coconut milk and stock, slowly bring to a simmer.
3. Add sweet potato, chickpeas and red pepper then simmer for 20 minutes.
4. Check to make sure sweet potato is soft before adding in bok choy, bean sprouts and coriander.
5. Serve immediately with fresh lime.

Detox Soup Serves 2

You can enjoy this soup knowing you are having a real greens hit, I like to add a dash of coconut milk in for a creamy variation.

Ingredients

- 1 tsp coconut oil
- 2 cloves of garlic, chopped
- 2 leeks, washed and chopped finely
- 1 cm fresh ginger, peeled and chopped
- 1 small head of broccoli, broken into florets
- 100g cauliflower florets
- 1 bag of fresh spinach
- 1 parsnips, peeled and chopped
- 1 stick of celery, washed and chopped finely
- 1 tsp chopped basil
- 2 pints of vegetable stock
- Sea salt and ground pepper, to taste
- Juice of 1 lemon



Method

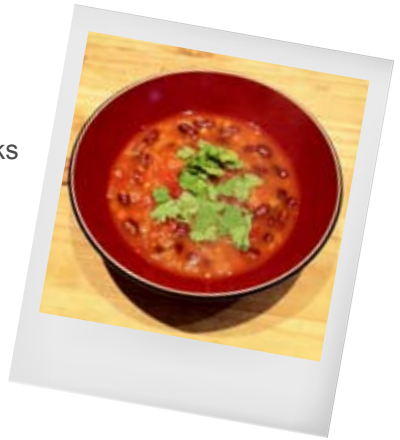
1. Heat the oil over medium heat and stir in the garlic, onion, and ginger to season the oil.
2. Add in the broccoli, cauliflower, parsnips and celery then fry off for 2 minutes before adding in the vegetable stock.
3. Simmer with lid on for 10 minutes before adding in spinach.
4. Blitz the soup to a smooth consistency then taste for seasoning.
5. Stir in shredded basil and serve.

Mulligatawny Soup Serves 4

It's a real winter warmer.

Ingredients

- 1 tsp coconut oil
- 1 inch fresh ginger, sliced into matchsticks
- 2 cloves garlic, chopped
- 1 large onion, chopped finely
- 1 tsp black mustard seeds
- 2 cardamom pods, crushed
- 1 tbsp garam masala
- 2 tsp curry powder
- A pinch of Himalayan sea salt
- 1 tsp ground cardamom
- ½ tsp cayenne pepper
- 1 tin of chopped tomatoes
- 1 tsp pure tomato paste
- 2 litres vegetable stock
- 150g mixed lentils, soaked overnight, rinsed and drained
- 1 tin kidney beans, rinsed and drained
- 2 handfuls of fresh spinach, chopped
- 1 lemon, juiced
- Handful of chopped coriander



Method

1. Heat the oil over medium heat and fry off garlic, onion, and ginger to season the oil.
2. Add in dry spices, mustard seeds and cardamom pods then fry for 1 minute until they begin to pop.
3. Stir in chopped tomatoes, tomato paste, lentils and kidney beans before pouring stock over.
4. Simmer for 30 minutes to reduce liquid slightly.
5. Finally add in the remaining ingredients and serve.

Avocado and Bean Frittata Serves 4

Best made the night before and served cold, also makes a great lunch served with a green salad.

Ingredients

- 8 eggs, whisked
- 400g tinned kidney beans, washed and drained
- 1 ripe avocado, chopped into 1cm cubes
- 1 red onion, chopped finely
- 1 clove of garlic, crushed
- 6 asparagus spears, cut into 1cm pieces
- 1 red pepper, chopped
- ½ tsp dried chilli flakes (optional)
- 1 beef tomato, sliced thinly
- Himalayan sea salt and black pepper to taste
- 1 tbsp of chopped coriander
- 1 tsp coconut oil



Method

1. Preheat oven to 180°, Gas mark 5.
2. Heat oil in large frying pan the sauté onion and garlic for 2 -3 minutes before adding in red pepper and asparagus. Cook for a further 3- 4 minutes until all vegetables are softened but not overcooked then leave to cool.
3. Once the vegetables are cool combine these in a bowl with eggs, chilli flakes, kidney beans and avocado then season.
4. Pour into a deep spring based tin or casserole dish and bake in the oven for 20 minutes.
5. Remove from oven and sprinkle over coriander then place tomato slices on top.
6. Bake for a further 10 minutes or until egg is completely set. Leave to cool in fridge before slicing into quarters.

Bok Choy and Mushroom Tart Serves 4

Tastes great with feta crumbled through egg mixture too.

Ingredients

For Pastry case

- 100g cooked quinoa
- 50g ground almonds
- Pinch of Himalayan sea salt

For Filling

- 2 stalks bok choy, sliced finely
- 2 large flat mushrooms, chopped
- 1 onion, sliced
- 1 clove garlic, sliced
- 4 eggs
- 1 tsp coconut oil, melted
- Himalayan sea salt
- Black pepper



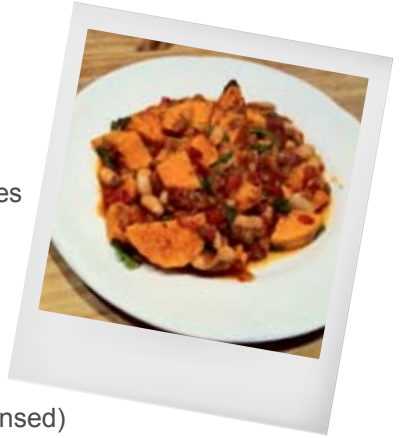
1. Preheat oven to 180 Gas Mark 5.
2. Grease a medium sized tart case with melted coconut and place on a baking tray.
3. Place pastry ingredients in a bowl, using your hands to form into dough.
4. Press dough into tart case so it's around ¼ inch thick and covering both base and sides.
5. Beat eggs in a bowl and mix in bok choy, mushrooms, onion and garlic. Season well.
6. Carefully pour egg mixture into quinoa case and bake in the oven for 20 – 25 minutes or until egg is set.
7. Remove from oven, leave to one side for 10 minutes before cutting into wedges and enjoying with a plate of greens.

Smokey Bean and Sweet Potato Salad Serves 4

Can be enjoyed hot or cold and is delicious served wrapped in little gem lettuce cups.

Ingredients

- 1 red onion, chopped finely
- 2 cloves garlic, sliced finely
- 500g sweet potato flesh, cut into 1cm cubes
- a pinch of Himalayan sea salt
- 1 tsp smoked paprika
- 1 tsp ground cumin powder
- 1 tsp garam masala powder
- 350ml vegetable stock
- 1 red chilli, finely diced
- 400g tinned butter beans (drained and rinsed)
- 400g tinned green lentils (drained and rinsed)
- 400g tinned chopped tomatoes
- 50g fresh mint, chopped
- 50g fresh coriander, chopped
- Juice of 1 lime
- 1 tbsp coconut oil
- 100g fresh spinach



Method

1. Heat the oil in a deep frying pan then add the chopped onion, garlic, chilli, paprika, cumin, and garam masala. Cook through for 2–3 minutes to toast spices.
2. Add in sweet potato and fry for a further 3 – 4 minutes, stirring to make sure spices don't burn.
3. Season then stir in vegetable stock and tinned tomatoes. Bring to the boil then the lower heat and simmer with a lid on for 10 minutes.
4. Add butter beans and lentils to the pan then simmer for a further 15 minutes until sweet potato is tender and stock is reduced.
5. Remove from heat and stir in lime juice, mint and coriander.
6. Check for seasoning before stirring in spinach and serve.

Roasted Beetroot, Cheese, Pine Nut and Watercress Salad Serves 2

Roasting beetroot in the oven really brings out its sweetness.

Ingredients

- 4 small organic beetroots, peeled and quartered
- 1 tsp coconut oil
- ½ tsp dried chilli flakes (optional)
- A pinch of Himalayan sea salt
- Black pepper to taste
- 100g goats cheese/feta cheese
- Handful of pine nuts
- 2 tbsp of seeds
- ½ medium sized avocado, peeled and chopped
- 1 tbsp edamame beans
- 100g fresh watercress
- 100g fresh spinach
- 1 red onion, sliced
- 1 lime, juiced
- 1 tsp walnut oil
- 1 garlic clove, crushed



Method

1. Preheat oven to 200°, Gas mark 6.
2. Place beets in casserole dish, sprinkle with chilli flakes, salt and pepper.
3. Dot the coconut oil over the top, cover with lid or foil then bake in oven for 30 – 40 minutes or until soft.
4. While beets are cooking prepare the salad.
5. Toss leaves in large salad bowl, with pine nuts, seeds, onion, edamame beans and avocado.
6. Crumble in cheese.
7. Mix together lime juice, olive oil and crushed garlic then drizzle over salad mix.
8. When beets are done assemble on a plate and pile the salad mixture on top.
9. Season to taste.

Quinoa, Feta and Mint Fritters with Salsa Serves 2

You can pretty much add any herbs you like with these; they also work well with spring onions and goats cheese.

Ingredients

- 200g cooked quinoa
- 1 egg, beaten
- 100 feta, crumbled
- 1 clove garlic, crushed
- 1 tsp mint, chopped
- Himalayan sea salt
- Black pepper
- 1 tbsp coconut oil
- 4 over ripe large tomatoes, roughly chopped
- Juice and zest of 1 lime
- 1 tbsp coriander, chopped
- 1 red onion, finely chopped
- 1 red chilli, finely chopped



Method

1. In a large bowl mix the quinoa with garlic, mint, salt and black pepper.
2. Crumble in feta cheese, add in egg and mix with hands to form soft dough.
3. Make into 4 patties and place in fridge for 30 minutes to set.
4. Meanwhile make the salsa.
5. Place tomatoes, lime juice, zest, onion and chilli in a bowl then season to taste.
6. Stir in coriander and leave to one side while frying fritters.
7. Heat oil in frying pan on medium heat and fry fritters for 3 minutes each side, taking care not to burn.
8. Serve on a green salad pile high with salsa.

Easy Peasy Quiche Serves 4

Can be made ahead of time and eaten hot or cold.

Ingredients

- 6 free range eggs, whisked
- 2 tbsp almond milk
- 100g button mushrooms, sliced
- 8 cherry tomatoes, halved
- 8 asparagus spears, chopped
- 2 clove garlic, sliced
- 2 shallots, chopped finely
- 1 tsp coconut oil
- 1 tsp gluten free baking powder
- ½ tsp dried chilli flakes (optional)
- A pinch of Himalayan sea salt
- Black pepper to taste
- 100g feta cheese
- Handful of fresh spinach
- 1 spring based tin or greased cake tin



Method

1. Preheat oven to 180°, Gas mark 5.
2. Heat oil in frying pan and sauté shallots, garlic, chilli flakes, asparagus and mushrooms until softened.
3. Take off the heat and stir in spinach then leave to cool
4. Mix eggs and almond milk in a large bowl then whisk in baking powder.
5. Add in sautéed vegetables and season well.
6. Carefully pour mixture into spring based tin and place on middle shelf in oven for 15 minutes.
7. Remove from oven, add tomatoes and crumble feta on top before baking for a further 10 minutes.
8. Test with a skewer by placing into centre of quiche, the skewer should come out clean.
9. Leave to cool before slicing into wedges and serve.

Avocado, Cauliflower and Tomato Tabbouleh Salad Serves 4

Ingredients

- 1 small cauliflower
- 50g raw quinoa
- 1 garlic clove, crushed
- 1 pint vegetable stock
- 1 tsp coconut oil
- 200g cherry tomatoes
- 1 red pepper, chopped finely
- 1 tbsp fresh basil, chopped
- 10 raw almonds, chopped roughly
- 1 large leaf chopped Swiss chard
- 2 avocados, peeled and sliced
- 150g spinach
- Mixed leaves to serve



For Dressing

- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- Juice of ½ lime
- Himalayan sea salt
- Black pepper

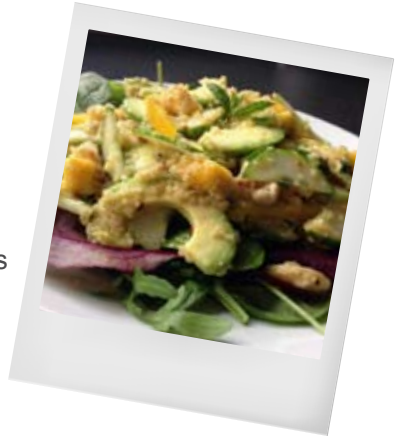
Method

1. Mix all dressing ingredients in and set aside to allow flavors to infuse.
2. Heat the coconut oil in a saucepan, add in quinoa and garlic then fry lightly until slightly toasted. Pour in stock, bring to the boil then simmer uncovered for 15 – 20 minutes.
3. Meanwhile cook the cauliflower in boiling salted water for 7 -8 minutes. Carefully transfer the cauliflower to a blender and process until it has the appearance of rice, empty into a large bowl and allow it to cool.
4. When quinoa is cooked add to rice/cauliflower with tomatoes, pepper and spring onion. Pour the dressing over, stir and season to taste before adding almonds and spinach.
5. Serve on a pile of greens, topped with avocado slices and basil.

Avocado, Mango and Quinoa Salad Serves 2

Ingredients

- 1 tsp of coconut oil
- 50g quinoa
- 1 mango – peeled and chopped
- ¼ cucumber – finely chopped
- 1 yellow pepper, chopped
- 1 avocado, chopped
- Large handful of spinach and mixed leaves
- 5 mint leaves chopped finely
- 20g unsalted plain cashews
- 1 tsp of extra virgin olive oil
- Juice of a half a lime
- 1 tsp of chilli flakes



Method

For Quinoa

1. Add 1 tsp of coconut oil to a medium heated saucepan.
2. Once oil is melted add 50g of quinoa and stir until all quinoa is covered and very lightly golden.
3. Then add boiling water to the pan and cover quinoa by ½ an inch.
4. Leave to simmer on a low-medium heat (mark 3).
5. Remove once quinoa goes fluffy and soaks up all water and leave to cool.
6. Please note that the small white strands should all detach from the quinoa balls once cooked properly.

For Salad

1. Combine lime juice, oil and chilli flakes together.
2. Mix all other ingredients together in a bowl and dress with oil mixture.
3. Then add the quinoa and mix well.
4. serve on a big bed of watercress and spinach
5. Season if needed.

Quinoa Stuffed Peppers Serves 2

Ingredients

- 1 cup of cooked quinoa (follow directions on packet)
- 2 red onions, chopped
- 2 tomatoes, chopped
- 1 yellow pepper, chopped
- ½ grated carrot
- 1 clove garlic, crushed
- 4 tbsp of lemon juice
- 2 large red peppers
- ½ cup of cashews
- Coconut oil
- Extra virgin olive oil



Method

1. Pre-heat the oven to 200°.
2. Heat the coconut oil in a pan. Fry off onions, garlic and chopped pepper for 2 minutes then add in quinoa, carrot, tomato and cashews, cook for further 1 min.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20 - 25 minutes.
5. Drizzle olive oil in peppers once cooked and serve with some greens in your lunch box!

Courgette Fritters and Tzatziki Dip Serves 2

Ingredients

- 3 medium courgettes
- 100g of ground almonds
- Pinch chilli powder
- 2 eggs, beaten
- 2 tsp of coconut oil
- 1 tsp Himalayan sea salt
- ½ cucumber
- 2 cloves garlic, crushed
- Handful of mint leaves, finely chopped



Method

For the Tzatziki

1. Cut cucumber in half and remove seeds with teaspoon.
2. Grate the halves and remove any liquid by placing in a clean tea towel and squeeze tightly.
3. Stir cucumber, crushed garlic and sea salt into the yogurt.
4. Place in fridge until ready to serve.
5. Just before serving, add the chopped mint and stir well.

For the Fritters

1. Wash, dry and cut courgettes into small 1cm pieces.
2. Mix chilli powder and ground almonds in a small bowl
3. In another bowl beat the eggs.
4. In large saucepan, heat oil over medium heat until a toss of ground almond sizzles.
5. One by one, dip courgette slices into ground almond, shake, dip into beaten egg, then once more dip into ground almonds.
6. Fry gently in coconut oil until golden.
7. Serve fritters on a plate with pot of Tzatziki dip on the side.

Quick N' Easy Tofu Stir Fry Serves 2

Ingredients

- 1 tsp of coconut oil
- 200ml water
- 200ml Tamari soy sauce
- ½ chopped chilli
- 1 tablespoon sesame oil
- 1 tablespoon crushed garlic
- Tablespoons grated ginger
- 1 cup of green beans, cut into 2-inch pieces
- 1 red bell pepper, thinly sliced
- 1 pak choi
- 150g firm tofu, drained and cut into ½ -inch cubes
- 1 shredded carrot
- 1 cup sugar snap peas



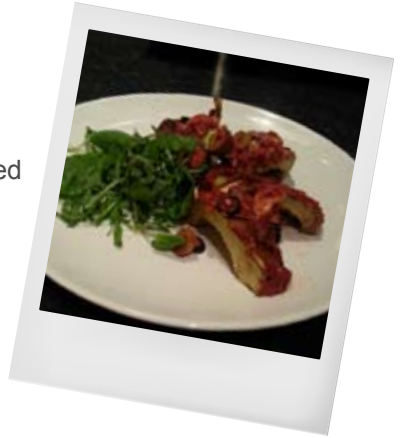
Method

1. Heat a wok on a medium-high heat and melt coconut oil.
2. In separate dish add in the water, soy sauce and chilli sauce; set aside.
3. Add the garlic and ginger into wok; cook, stirring 15 seconds.
4. Add the green beans, pak choi, red pepper and stir-fry 2 minutes; push them to the perimeter of the wok.
5. Add the tofu and cook, stirring once or twice, 4 to 5 minutes, until lightly browned.
6. Stir the sauce and pour it into the wok.
7. Cook, stirring occasionally, 2 to 3 minutes.
8. Add the carrots and sugar snap peas; cook 1 to 2 minutes, or until vegetables are crisp-tender.

Hot Avocados Serves 1

Ingredients

- 1 large avocado
- 1 teaspoon dried mixed herbs
- 1 clove of garlic, peeled and finely chopped
- Handful of olives sliced
- Handful fresh basil leaves torn
- A cup of tomato paste
- 30-50g goats/feta cheese
- Handful of salad leaves to serve



Method

1. Peel the avocados and slice in half then place in a baking tray/dish.
2. In a bowl add the tomato paste, mixed herbs, basil, chopped garlic and sliced olives and mix well.
3. Pour the tomato paste mix over the avocado.
4. Add goats cheese or feta cheese before on top.
5. Bake in the oven on 180 degrees for 20-25 minutes.
6. Serve with mixed salad leaves.

Crunchy Curried Squash Soup Serves 4-6

Ingredients

- 1 butternut squash, peeled and diced
- 1 red onion, chopped
- 2 garlic cloves, crushed
- 1 red chilli, chopped
- Small bunch of coriander, chopped
- ½ tsp of cumin seeds
- 1 ½ pints of vegetable stock
- 1 tbsp of curried powder
- 2 tbsp of organic crunchy butter
- Coconut oil



Method

1. Fry the onion, garlic, coriander leaves and chilli in coconut oil for 30 seconds to release the flavor, add the diced butternut squash and onion for 2 minutes so they are covered in the spice mixture.
2. Cover the mixture with curried powder, stock and add peanut butter, simmer for 30 minutes.
3. Let the soup cool and then blend in batches until smooth.
4. Season with salt and pepper to taste.

Egg Mayo Salad Serves 2

Ingredients

- 4 large eggs hard boiled and chopped
- 50g of Greek yogurt
- 1 tsp ground mustard seeds
- ½ tsp raw honey
- ½ tbsp fresh dill or 1 tsp dried dill
- ½ tsp paprika
- ¼ tsp onion powder
- ¼ grated garlic
- 1 beef tomato sliced
- ½ avocado sliced
- Bowl of spinach, rocket and watercress
- Sea Salt and freshly ground black pepper, to taste



Method

1. Place diced eggs in a mixing bowl.
2. In a separate small mixing bowl, whisk together all remaining ingredients until well blended.
3. Pour over diced eggs and toss to evenly coat.
4. Serve on salad leaves, layered with tomatoes and avocados.

Carrot, Celery and Coconut Soup Serves 4

Ingredients

- 2 tsp coconut oil
- 1 white onion, chopped
- 3 cups/ 450g carrots, small chunks
- 1 tbsp vegetable stock (bullion)
- 1 cup of chopped celery
- 1 tsp Himalayan sea salt
- 400ml of coconut milk
- Small bunch cilantro/fresh coriander



Method

1. Heat coconut oil over medium-low heat in a medium sized pan.
2. Add the small chopped chunks of carrot and onion to the oil.
3. Then add chopped and peeled celery and sauté vegetables until lightly brown.
4. Pour in enough hot water to just cover the vegetables.
5. Stir in the stock powder, add the sea salt and bring to the boil.
6. Turn down the heat and simmer gently until cooked.
7. Remove from heat and using a hand blender, blend soup until creamy.
8. Add coconut milk.
9. Lastly chop cilantro/fresh coriander and stir through soup.
10. Serve in an attractive cup/mug and enjoy!

Parisian Salad Serves 2

Ingredients

- 2 x 90g roulade's of goats cheese
- 2 tsp of coconut oil
- 4 figs
- Handful of walnut half's, crushed into small pieces
- 100g ground almonds
- 1 egg, beaten
- 2 tsp of raw honeycomb
- 2 cups of fresh rocket
- 10 spears of asparagus, cooked
- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar



Method

1. Pre heat your grill at 180c for 5-10 mins.
2. Cover roulade's of goats cheese in ground almonds, shake then dip and cover in beaten egg, dip and coat them in ground almonds once more and shake again.
3. Place asparagus and rocket in middle of a plate in bundle.
4. Then place goats on top of greens.
5. Cut 4 figs in half and place 2 figs (4 halves) by the side of goat's cheese.
6. Sprinkle walnut pieces over top of the goats cheese and around plate.
7. Dollop tsp of raw honeycomb by side of bundled greens.
8. Mix olive oil and balsamic vinegar together in small pot and using tbsp. drizzle lightly across plate and food.
9. Serve and enjoy the mixture of beautiful flavors!

Fig, Goat's Cheese & Walnut Salad Serves 2

Figs can be replaced with cranberries or a seasonal alternative in this fruity salad.

Ingredients

For the dressing:

- ¼ tsp English mustard powder
- 1½ tsp balsamic vinegar
- 1½ tsp white wine vinegar
- 2 tbsp extra virgin olive oil
- Sea salt and freshly ground black pepper

For the salad:

- 120g bag of salad leaves, including red chard or red beet
- 155g (4oz) goat's cheese
- 40g (1½oz) walnut pieces
- 1 large, ripe fig



Method

1. Place the mustard, salt, pepper and vinegars in a bowl. Mix together.
2. Gradually whisk in the oils.
3. Put the salad leaves in a serving bowl. Cube or crumble the cheese into bite-sized pieces and add to the salad, with the walnut pieces.
4. Wash the fig and leaving its skin on, slice in to quarters.
5. Stir into the dressing to coat it thoroughly.
6. Just before serving add the dressing to the salad and toss well.

Chickpea Burgers (Makes about 20 mini burgers)

These are also really nice when they're cold as a snack and they taste great with a yoghurt and cucumber salsa!

Ingredients

- 410g chickpeas, drained and rinsed
- 410g red kidney beans, drained and rinsed
- 1 carrot, grated
- 1 red onion, grated
- 50g sunflower seeds
- 1 garlic clove, finely chopped
- 1 big handful of chopped coriander
- 1 tbsp of wheat-free vegetable bouillon powder



Method

1. Preheat oven to 220c and line a large baking tray with greaseproof paper.
2. Place everything into a food processor (or hand blender) and pulse for 5-10 seconds until the mixture is fairly coarse. Turn off processor, and mix up with spatula, before pulsing again for another 10-15 seconds.
3. Using the spatula, pop all of the mix into big mixing bowl.
4. Wet your hands under tap, and then shape mix into small 'golf ball' sized patties. Pop onto baking tray, and then push the tops down with back of spoon to flatten into burger shape.
5. Bake for around 15-16 minutes until lightly coloured.
6. Remove, and allow to cool slightly.

For the yoghurt salsa simply mix live organic yoghurt with diced cucumber, a splash of olive oil and a few sprigs of fresh mint.

Dinners



Lentil Stuffed Squash Serves 2

Ingredients

- 1lb butternut squash, halved and seeds removed
- 1 tsp coconut oil, melted
- 1 tsp dried chilli flakes
- 400g tinned organic green lentils, drained and rinsed
- 2 cloves garlic, chopped finely
- 1 red onion, chopped finely
- 2 handfuls of spinach, shredded
- 1 red chilli, chopped
- Juice of 1 lime
- A pinch of Himalayan sea salt
- Black pepper to taste
- Handful of chopped coriander



Method

1. Preheat oven to 200°, Gas mark 6.
2. Brush squash flesh with oil and sprinkle chilli flakes over then bake in oven flesh side up for 45 minutes.
3. Meanwhile mix the remaining ingredients in a bowl holding back a teaspoon of coriander for garnish.
4. Remove squash from oven and carefully scoop out half the flesh from the skin, leaving a nice hollow.
5. Mix flesh with other ingredients in bowl then place back into skins and bake for a further 15 minutes.
6. Garnish with coriander and serve with a green salad.

Sweet Potato and Kidney Bean Burgers Serves 2

Ingredients

- 2 large sweet potato, cut into chunks
- 250g tinned kidney beans, drained and rinsed
- 2 tsp coconut oil
- 1 red onion, finely diced
- 1 clove garlic, crushed
- ½ teaspoon cumin
- ½ teaspoon coriander
- 1 red chilli, deseeded and chopped finely
- a pinch of cayenne pepper
- a pinch of Himalayan sea salt & black pepper
- Fresh coriander, chopped
- 2 spring onions, sliced thinly



Method

1. Preheat oven to 200°, Gas mark 6.
2. Bake sweet potato for 30 – 45 minutes until flesh is soft then remove from the oven to cool, scoop out flesh when cool and season.
3. Heat 1 tsp of oil in a frying pan, stir in cayenne pepper, chilli, cumin then sauté onion and garlic until soft being careful not to brown.
4. Place this mixture into a food processor along with ½ of the sweet potato flesh and ½ of the beans and stir.
5. Empty into a bowl and mix with remaining ingredients then form into patties.
6. Leave in the fridge for one hour to set.
7. Melt remaining oil in a frying pan and fry lightly for 4 minutes each side ensuring they are hot in the middle.
8. Serve with a green salad, sliced avocado and salsa.

Spicy Bean Hotpot Serves 4

Ingredients

- 2 medium-sized sweet potatoes
- 1 tsp cayenne pepper
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 2 tsp coconut oil, melted
- 1 onion, chopped roughly
- 1 red pepper, deseeded and chopped roughly
- 1 yellow pepper, deseeded and chopped roughly
- 1 bunch fresh coriander, chopped
- 2 red chilli, deseeded and chopped finely
- 2 cloves garlic, crushed
- 200g cooked or tinned kidney bean
- 200g cooked or tinned chickpea beans
- 200g cooked or tinned cannellini beans
- 1 x 400 g tinned chopped tomatoes
- Himalayan sea salt
- Black pepper



Method

1. Preheat oven to 200°, Gas mark 6.
2. Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch of cayenne, cumin and cinnamon, drizzle with half the oil and season.
3. Toss to coat then put them on a baking tray and bake for 40 minutes until soft and golden.
4. In a deep frying pan heat remaining oil then add onion, peppers and garlic and cook for 5 minutes. Stir in the coriander, chilli and spices and cook for another 5 to 10 minutes, stirring every couple of minutes.
5. Drain and wash the beans, then add them into the pan with the tinned tomatoes. Stir well and bring to the boil, then reduce to a medium-low heat and simmer for 15-20 minutes. Add a splash of water if it gets too thick.
6. Stir in roasted sweet potato and season, cook for further 15 minutes then serve with mixed greens.

Tofu Kebabs with Sauté Sauce Serves 2

Ingredients

For Kebabs

- 125g tofu, drained and cut into bite sized cubes
- 12 button mushrooms, wiped clean
- 1 red pepper, cut into bite sized chunks
- 8 shallots, peeled
- 8 cherry tomatoes
- 4 bamboo skewers
- Juice of ½ lime
- 1 clove garlic, crushed
- 1 tsp wheat free soy sauce
- 1 tsp coconut oil, melted



For Sauté Sauce

- 1 red chilli, chopped
- 1 clove garlic, crushed
- 2 tsp organic cashew nut butter
- 2 tsp wheat free soy sauce
- 1cm of fresh ginger, peeled and roughly chopped
- Zest and juice of ½ lime
- 2 tbsp water

Method

1. To make marinade for the skewers mix lime juice, garlic, soy sauce and coconut oil together in a large bowl.
2. Add tofu, shallots, tomatoes and pepper to bowl mixing to coat in marinade. Leave aside for 15 minutes.
3. Preheat grill to a medium heat while preparing sauté sauce.
4. To prepare sauce, place all other ingredients in a blender and blend until smooth.
5. Thread tofu, shallots, pepper and mushrooms onto skewers.
6. Grill for 10 -12 minutes turning occasionally.
7. Serve with a large green avocado salad.

Lentil Bolognaise Serves 4

Ingredients

- 125g red lentils
- 400g tinned chopped tomatoes
- 1 red pepper, finely diced
- 1 large onion, finely diced
- 1 tbsp pure organic tomato paste
- 2 cloves garlic, crushed
- 1 stick celery, finely diced
- 1 courgette, finely diced
- 2 litres vegetable stock
- 2 tsp coconut oil
- ½ tsp cinnamon
- Few sprigs oregano
- Himalayan sea salt
- Black pepper



Method

1. Heat oil in a large pan; add onion, garlic and lentils to fry off for 2-3 minutes until onions soften.
2. Add tomatoes, paste, pepper, courgette and celery then sauté for 2 minutes before adding in stock, cinnamon and oregano.
3. Bring to the boil, then reduce heat to a simmer.
4. Cook for 30 minutes with a lid on until lentils are tender and sauce has thickened.
5. Remove oregano and serve with a coriander salsa and green vegetables.

Fennel, Pesto and Goats Cheese Pizza Serves 4

This pizza lends itself to pretty much any combination of veggies and can be made omitting the goat's cheese

Ingredients

For Pizza Base

- 1 small cauliflower
- 1 egg, whisked
- 1 tbs coconut flour (or almond flour)
- 1 clove garlic, crushed
- ¼ tsp mixed herbs
- Himalayan sea salt
- Black pepper

For Pesto

- 100g spinach
- 30g fresh basil
- 20g pine nuts
- Juice of 1 lemon
- 1 garlic clove, crushed
- Himalayan sea salt
- Black pepper
- 1 tsp extra virgin olive oil

For Topping

- 1 fennel bulb, sliced finely
- 1 red onion, sliced finely
- 1 red chilli, sliced finely (optional)
- 1 large beef tomato, sliced thin
- 100g goats cheese round, crumbled



Method

1. Preheat oven to 200°, Gas mark 6.
2. Cook cauliflower and garlic in boiling salted water for 8 minutes then cool under cold water.
3. Place cauliflower and garlic in a blender with blend till smooth then transfer onto a clean tea towel and squeeze out any excess water.
4. Combine cauliflower puree, flour, egg, mixed herbs and seasoning in a bowl and mix until you have a smooth dough.
5. Spread the dough onto a large baking tray and bake for 10 - 15 minutes, checking it's not getting too brown.
6. Meanwhile mix all the pesto ingredients in a blender and blend until smooth.
7. Remove from oven and spread with pesto mixture then start building up the layers finishing off with the goats' cheese.
8. Bake for a further 10 minutes until toppings are soft and cheese is bubbling.
9. Serve with a big watercress and spinach salad.

Mediterranean Squash and Chickpea Stew Serves 4

Ingredients

- 1 large butternut squash (1 – 1.5kg)
- 2 red onions, roughly chopped
- 130g cauliflower florets
- 1 red pepper, roughly chopped
- 2 cloves garlic, crushed
- 400g cooked chickpeas, rinsed
- 400g tinned chopped tomatoes
- 1 red chilli, deseeded and finely chopped
- 1 liter vegetable stock
- 2 tsp coconut oil
- 1 tsp ground cinnamon
- 50g green olives, pitted (optional)
- 1 tsp flaked almonds
- Bunch of fresh coriander, chopped (300 -350g)
- Himalayan sea salt
- Black pepper



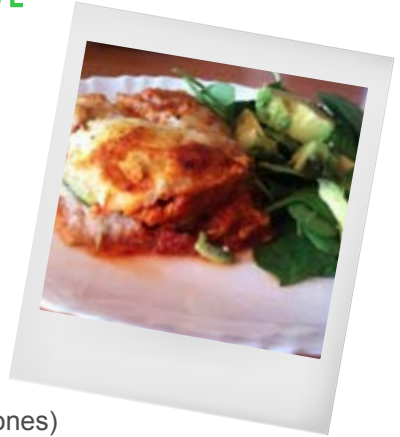
Method

1. Preheat oven to 200 Gas Mark 6.
2. Peel the butternut squash then scoop out seeds with a large spoon before cutting into large chunks about 3cm.
3. Place squash on a baking tray and dot 1 tsp coconut oil over, season then bake for 35 – 40 minutes or until caramelized and soft.
4. Meanwhile heat place remaining coconut oil in a large casserole pan. Add in onions, garlic, coriander, cinnamon, chilli, tomatoes and almonds flakes then sauté for 3 -4 minutes.
5. When squash is cooked through add to onion mixture with cauliflower, stock, tomato paste, olives and chickpeas.
6. Bring to the boil on the hob then season and simmer with lid on for 30 minutes or until reduced to thick consistency.
7. Check for seasoning and serve immediately.

Vegetable Lasagna Bake Serves 2

Ingredients

- 1 large sweet potato
- ½ head of small cauliflower
- 12 asparagus spears
- 1 red pepper, sliced into thin rounds
- 1 yellow pepper, sliced into thin rounds
- 2 cloves garlic, crushed
- 400g tinned chopped tomatoes, blended till smooth
- 1 large zucchini
- 1 large yellow zucchini (or use 2 green ones)
- 1 medium aubergine
- 1 tsp coconut oil
- Himalayan sea salt
- Black pepper



Method

1. Preheat oven to 200 Gas Mark 6.
2. Bake the sweet potato in pre-heated oven for 45 minutes then leave to cool before scooping out flesh into a bowl.
3. Cook the cauliflower in boiling salted water for 13 minutes then drain. Place cauliflower and garlic into a blender, season then blend until smooth.
4. Thinly slice the zucchini long ways into strips (a mandolin works great for this).
5. Do the same for the aubergine and set aside.
6. Grease a small casserole dish with coconut oil.
7. Spread a thin layer of aubergine on the bottom, top with ½ mashed sweet potato then tomato mix.
8. Next add a layer of zucchini, 6 asparagus spears, followed by a layer of tomato mixture. Spread a layer of the cauliflower mash over this and repeat over once more.
9. Bake in the oven for 40 minutes until bubbling, serve immediately.

Lentil and Cashew Nut Roast Serves 4

Ingredients

- 200g red split lentil
- 500ml vegetable stock
- 1 400g tin chopped tomatoes
- 1 egg, beaten
- 1 tbsp coconut oil
- 1 large onion, finely chopped
- 1 large leek, trimmed and finely chopped
- 1 red pepper, deseeded and chopped
- 2 cloves garlic, crushed
- 150g button mushrooms, washed and sliced
- 100g organic unsalted cashew nuts
- 2 tbsp chopped parsley
- Juice of 1 lime
- Himalayan sea salt and black pepper



Method

1. Preheat oven to 200, gas mark 6 and grease a 1.5 litre loaf tin with a little coconut oil.
2. Place stock, tomatoes and lentils into a large saucepan and bring to the boil. Reduce heat, cover and cook for 15 minutes until the lentils are tender and the stock has been absorbed.
3. Heat a large frying pan and gently toast the cashew nuts until they have a slight cover then remove from the pan.
4. Heat oil in pan; add onion, garlic, pepper, mushrooms and leek then sauté for 3 -4 minutes then leave to cool.
5. Tip all ingredients into a large bowl and use your hands to bind mixture together.
6. Season generously then pack mixture into the loaf tin and cover with foil.
7. Bake for 30 minutes or until a skewer inserted into the centre comes out clean.
8. Leave in tin for 10 -15 minutes before turning out to slice.

Pad Thai Serves 2

Ingredients

- 100g raw rice noodles
- 100g bean sprouts
- 1 egg, beaten
- 1 red pepper, deseeded and cut into matchsticks
- 1 red onion, peeled and sliced
- 50g button mushrooms, wiped and sliced
- 2 cloves garlic, sliced thinly
- 1 red chilli, deseeded and sliced
- 1 tsp coconut oil
- ½ tsp cashew nut butter
- 1 tbsp wheat free soy sauce
- Juice of 1 lime
- 1 spring onion, chopped for garnish
- Few sprigs of fresh coriander leaves



Method

1. Cook rice noodles in boiling water as directed on packet.
2. Once the noodles are cooked rinse with cold water then drain, leave to one side.
3. Mix the cashew nut butter and lime juice into the soy sauce.
4. Heat oil in a wok or frying pan to a medium heat. Stir in onion, chilli and garlic then fry for 1 minute to soften.
5. Add in pepper, mushrooms and bean sprouts then stir fry for a further 2 minutes taking care not to burn.
6. Make a well in the middle and drop in beaten egg, stir fry until egg is set.
7. Stir in the noodles and pour over lime soya mixture, keep stirring for 2 -3 minutes to heat noodles through.
8. Finally stir in cashew nuts, spring onion and coriander leaves to serve.

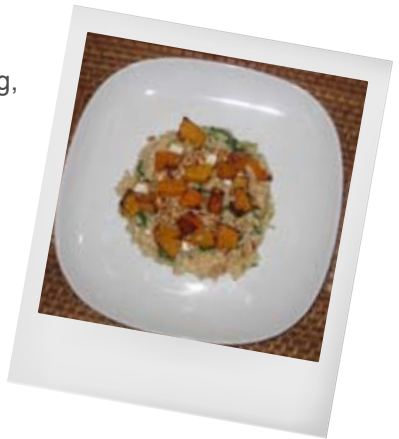
Butternut Squash & Rocket Risotto Serves 2

Ingredients

- ½ butternut squash, weighing about 500g, peeled, seeds removed and cut into bite-sized pieces
- 2 tsp coconut oil
- Freshly ground black pepper

For the risotto:

- 25g (1oz) butter
- 2 tsp coconut oil
- 175g (6oz) risotto rice
- 1 garlic clove, crushed
- 500ml (1 pint) hot, good quality vegetable stock
- ½ tsp tomato purée
- 1 bay leaf
- 25g (1oz) feta cheese
- 55g (2oz) rocket
- 2 tsp pine nuts, toasted



Method

1. Preheat the oven to gas mark 7/electric oven 220°C/fan oven 200°C.
2. In a roasting tin, toss the squash with the coconut oil and season with freshly ground black pepper. Bake for 30-35 minutes, turning the chunks of squash over half way through.
3. Meanwhile, heat 12g (½oz) of the butter with the coconut oil in a non-stick frying pan. Stir in the rice and garlic and cook for 2-3 minutes, until the rice is transparent.
4. Gradually add a little of the hot stock, tomato purée and bay leaf. Allow the rice to absorb the liquid before pouring in some more stock, a ladleful at a time.
5. Simmer, uncovered, for 15-20 minutes, until the rice is tender and most of the stock has been used. Stir occasionally.
6. Remove the bay leaf. Stir in the remaining butter, most of the feta and the rocket. Season.
7. Spoon the risotto on to serving plates. Scatter the roasted butternut squash on top and sprinkle with toasted pine nuts and the remaining feta.

Cauliflower Balti Serves 2

This authentic tasting curry tastes just as delicious cooked slowly on the hob

Ingredients

- 1 tbsp coconut oil
- 1 small onion finely chopped
- ½ aubergine, diced
- 1 tsp cumin seeds, roughly crushed
- 1 tsp black mustard seeds
- ½ tsp turmeric
- 2 tsp mild curry paste
- 1-2 garlic cloves, chopped
- 230g (8oz) can chopped tomatoes
- 225ml (8floz) vegetable stock
- ½ cauliflower, cut into medium-sized florets
- ½ small butternut squash, diced
- 1½ tbsp ground almonds
- Salt and pepper
- Torn coriander leaves, to garnish (optional)



Method

1. Preheat the slow cooker if necessary – see manufacturer's instructions. Heat the oil in a frying pan, add the onion and fry, stirring, for 5 minutes until lightly browned. Add the aubergine and fry for 3-4 minutes until softened.
2. Stir in the spices, curry paste and garlic and cook for 1 minute. Add the canned tomatoes, stock and salt and pepper to taste and bring to the boil, stirring.
3. Put the cauliflower and squash in the slow cooker pot and add the tomato mixture. Cover with the lid and cook on high for 3-4 hours until the vegetables are cooked.
4. If choosing the hob method, bring ingredients to the boil and simmer on a low heat for 45-60 minutes.
5. Stir in the ground almonds and cook for 15 minutes more. Ladle into shallow dishes and garnish with torn coriander leaves, if using.

Chilli Black Bean Stew Serves 2

Ingredients

- 125g (4oz) dried black beans, soaked overnight in cold water
- 1 tbsp olive oil
- 1 small onion, chopped
- 1 carrot, diced
- 1 celery stick, sliced
- 1-2 garlic cloves, chopped
- ½ tsp fennel seeds, crushed
- ½ tsp cumin seeds, crushed
- 1 tsp coriander seeds, crushed
- ½ tsp chilli powder or pimentón (smoked paprika)
- 230g (8oz) can chopped tomatoes
- 150ml (¼ pint) vegetable stock
- Salt and pepper
- ½ avocado
- Grated rind and juice of ½ lime
- ¼ red onion, diced
- 1 tomato, diced
- 1 tbsp chopped coriander leaves



Method

1. Drain and rinse the soaked beans. Place in a saucepan, add fresh water to cover and bring to the boil. Boil vigorously for 10 minutes and then drain into a sieve.
2. Meanwhile, heat the oil in the saucepan, add the onion and fry, stirring, for 5 minutes until softened. Add the carrots, celery and garlic and fry for 2-3 minutes. Stir the crushed fennel and cumin seeds into the vegetables with the chilli powder or pimentón and cook for 1 minute.
3. Add the canned tomatoes, stock and a little pepper. Bring to the boil.
4. Mix in the beans, then cover the pot and cook on medium heat for 45-60 minutes until all the ingredients are tender and the liquid reduced and rich.
5. About 10 minutes before serving, make the avocado salsa: halve the avocado, remove the stone and peel away the skin.
6. Dice the flesh, toss with the lime rind and juice then mix with the onion, tomatoes and coriander. Season the cooked beans to taste with salt then serve with boiled rice and avocado salsa.

Red Thai Butternut Squash Curry Serves 2

Try this with Pumpkin in the autumn time!

Ingredients

- 2 tsp coconut oil
- ½ onion, chopped
- 2 tsp red Thai curry paste
- 1 garlic clove, finely chopped
- 200 ml (7 fl oz) coconut milk
- 150ml (¼ pint) vegetable stock
- 2 tsp Thai fish sauce (optional)
- 2 tsp gluten free soy sauce
- ½ butternut squash, about 350g (12oz), peeled, deseeded and cut into chunks
- 125g (4oz) baby new potatoes, thickly and evenly sliced
- 125g (4oz) carrots, thinly sliced
- Sprigs of coriander or basil (optional)
- 60g (2oz) medium rice noodles



Method

1. Heat the oil in a large frying pan, add the onion and fry, stirring, for 5 minutes or until lightly browned. Mix in the curry paste and garlic and cook for 1 minute. Stir in the coconut milk, stock, fish sauce, if using and soy sauce. Bring to the boil, stirring.
2. Put the butternut squash, potatoes and carrots into the pot. Pour over the sauce, press the vegetables down into the liquid, cover and cook on low for 20 minutes or until all the vegetables are tender.
3. Just before the end of cooking, add the herbs and stir through.
4. Put the noodles in a shallow bowl, cover with boiling water and leave to soak for 4-5 minutes or cook according to the packet instructions.
5. Drain the noodles, divide between bowls and spoon the curry over the top to serve.

Mediterranean Fennel Serves 2

This can be cooked on the Hob or Slow Cooker!

Ingredients

- 2 tsp coconut oil
- 1 small onion, chopped
- 1 garlic clove, finely chopped
- 1 tbsp brown rice flour
- 230g (8oz) can chopped tomatoes
- 150ml (1/4 pint) vegetable stock
- 1 fennel bulb, cut into small chunks
- 1 pepper (orange or red), cored, deseeded and chopped
- 1 carrot, cut into small dice
- Salt and pepper
- Green salad, to serve



For Topping

- 1½ tbsp coconut oil
- 10g (1/2oz) butter
- 1 garlic clove, finely chopped
- 1 tbsp pumpkin seeds (optional)
- 35g (1½oz) almonds or hazelnuts, roughly chopped

Method

1. If following the slow cooker method - preheat the slow cooker if necessary – see manufacturer’s instructions.
2. For the oven method pre heat the oven to 200°C / 400°F/ Gas 6.

For both methods –

3. Heat the oil in a large frying pan, add the onion and fry, stirring, for 5 minutes or until lightly browned. Add the garlic and cook for 2 minutes.
4. Stir in the flour, then add the tomatoes and stock. Season to taste with salt and pepper and bring to the boil, stirring.
5. To slow cook - put all the chopped vegetables in the slow cooker pot, pour the hot tomato mixture over the top and press the vegetables below the surface of the sauce. Cover and cook on high for 6-7 hours or until the vegetables are tender.
6. To oven Cook - put all the chopped vegetables in an oven proof dish pour the hot tomato mixture over the top and press the vegetables below the surface of the sauce. Cover and cook until the vegetables are tender 30-40.
7. When you are nearly ready to serve make the topping.
8. Heat the oil and butter in a clean frying pan, add the garlic, pumpkin seeds, if using, and nuts and fry over a moderate heat, stirring until golden.
9. Spoon the fennel mixture into shallow bowls and sprinkle over the topping. Serve with a green salad.

Feta Tiganito Serves 2

Ingredients

- 1 large aubergine, thickly sliced
- 2-3 tbsp coconut oil
- 1 onion, roughly chopped
- 2 garlic cloves, finely chopped
- 400g (13oz) can chopped tomatoes
- Pinch of grated nutmeg
- Small bunch oregano or basil
- 1 pepper (red or orange), cored, deseeded and diced
- 75g (2½oz) feta cheese, drained and crumbled
- 20g (1oz) pitted black olives
- Salt and pepper



Method

1. Preheat the oven to 200°C/400°F/Gas 6.
2. Lay the aubergine slices on a tray, sprinkle with salt and set aside for 15-20 minutes or until the juices begin to run.
3. Heat 1 tbsp oil in a saucepan, add the onions and fry until just beginning to brown. Add the garlic, fry for 1 minute, then mix in the tomatoes and nutmeg. Season to taste with salt and pepper. Tear half the herbs into small pieces and add them to the sauce.
4. Rinse the aubergine slices under cold water to remove the salt, drain them well and dry with kitchen paper. Heat a little of the remaining oil in a large frying pan and fry the aubergine slices in batches, adding more oil as needed, until browned on both sides. Transfer to a plate.
5. Layer the aubergines, peppers, feta and hot sauce alternately in a shallow casserole dish, finishing with a thick layer of sauce and feta. Sprinkle the olives on top, cover and cook on for 10-15 minutes until the feta has melted.
6. Spoon into shallow bowls, garnish with the remaining herb leaves and serve with a green salad.

Pistachio and Apricot Pilaf Serves 2

Slow cooking is a great way to be prepared with something clean and nutritious right when you need it!

Ingredients

- 2 tsp olive oil
- 1 small onion, chopped
- 40g (1½ oz) mixed pistachios, walnuts and hazelnuts
- 10g (½ oz) sunflower seeds
- 100g (3½ oz) easy-cook brown rice
- 500ml (1 pint) vegetable stock
- 40g (1½ oz) ready-to-eat dried apricots, chopped
- 10g (½ oz) currants
- 1 cinnamon stick, halved
- 3 cloves
- 2 bay leaves
- 2 tsp tomato purée
- Salt and pepper
- Lightly toasted mixed nuts, to garnish



Method

1. Preheat the slow cooker if necessary – see manufacturer’s instructions. Heat the oil in a frying pan, add the onion and fry, stirring, for 5 minutes until lightly browned.
2. Add the nuts and seeds and fry until lightly browned. Stir in the rice and stock, followed by the dried fruit, spices, bay leaves, tomato purée and season with salt and pepper to taste. Bring to the boil stirring.
3. Transfer the mixture to the slow cooker pot. Cover with the lid and cook on low for 2½ -3 hours until the rice is tender and the stock has been absorbed.
4. Discard the cinnamon, cloves and bay leaves before serving, garnished with extra nuts.

Cashew Nut Paella Serves 2

Ingredients

- 1 tbsp coconut oil
- 2 tsp butter
- ½ red onion, chopped
- 75g (3oz) arborio rice
- ½ tsp turmeric
- ½ tsp ground cumin
- ¼ tsp chilli powder
- 2 garlic cloves, crushed
- ½ fresh green chilli, deseeded and sliced
- ½ green pepper, deseeded and diced
- ½ red pepper, deseeded and diced
- 40g (1½oz) baby sweet-corn cobs, halved lengthways
- 1 tbsp stoned black olives
- 1 tomato, deseeded and diced
- 225ml (8floz) vegetable stock
- 40g (1½oz) unsalted cashew nuts
- 25g (1oz) frozen peas
- 1 tbsp chopped fresh parsley
- Pinch of cayenne pepper
- Salt pepper
- Fresh herbs, to garnish



Method

1. Heat the olive oil and butter in a large frying pan or paella pan until the butter has melted. Add the onion and cook over a medium heat, stirring constantly, for 2-3 minutes until softened.
2. Stir in the rice, turmeric, cumin, chilli powder, garlic, sliced chilli, green and red peppers, corn cobs, olives and tomato and cook over a medium heat, stirring occasionally, for 1-2 minutes.
3. Pour in the stock and bring the mixture to the boil. Reduce the heat and cook gently, stirring constantly, for a further 20 minutes.
4. Add the cashew nuts and peas and continue to cook, stirring occasionally, for a further 5 minutes. Season to taste with salt and pepper and add the chopped fresh parsley and a pinch of cayenne pepper. Transfer the paella to warm serving plates, garnish with fresh herbs and serve immediately.

Chickpea Hotpot Serves 2

Ingredients

- 110g (4oz) dried chickpeas, soaked in cold water overnight
- 2 tbsp olive oil
- 1 small onion, sliced
- 1 garlic clove, finely chopped
- 1 leek, sliced
- 85g (3oz) carrots, sliced
- 2 turnips, sliced
- 2 celery sticks, sliced
- 55g (2oz) bulgur wheat
- 230g (8oz) can chopped tomatoes
- 1 tbsp snipped fresh chives, plus extra to garnish
- Salt and pepper



Method

1. Drain the chickpeas and place in a heavy-based saucepan. Add enough water to cover and bring to the boil. Boil for 15 minutes, and then simmer for 1½ hours.
2. Meanwhile, heat the oil in a large saucepan. Add the onion and cook, stirring occasionally, for 5 minutes, until soft. Add the garlic, leeks, carrots, turnips and celery and cook, stirring occasionally, for 5 minutes.
3. Stir in the bulgur, tomatoes and chives, season to taste with salt and pepper and bring to the boil. Spoon the mixture into a heatproof pudding basin and cover with a lid or circle of foil.
4. When the chickpeas have been cooking for 1½ hours, set a steamer over the saucepan. Place the basin in the steamer, cover tightly and cook for 40 minutes. Remove the basin from the steamer, drain the chickpeas, and then stir them into the vegetable and bulgur mixture.
5. Transfer the hotpot to a warmed serving dish and serve immediately, garnished with the extra chives.

Aubergine Curry Serves 2

Ingredients

- 2 tbsp coconut oil
- 2 aubergines, cut into 2 cm/ $\frac{3}{4}$ inch cubes
- 1 bunch spring onions, roughly chopped
- 2 garlic cloves, chopped
- 2 red peppers, deseeded and cut into 2 cm/ $\frac{3}{4}$ inch squares
- 3 courgettes thickly sliced
- 400ml/14floz canned coconut milk
- 2 tbsp red curry paste
- Large handful of fresh coriander, chopped, plus extra sprigs to garnish



Method

1. Heat 1 tbsp oil in a preheated wok or a deep saucepan and add the aubergine cubes and cook until crisp and brown all over. Remove with a slotted spoon and drain on kitchen paper.
2. Heat the remaining oil and add the spring onions and garlic and stir-fry over medium-high heat for 1 minute. Add the peppers and courgettes and stir-fry for 2-3 minutes. Add the coconut milk and curry paste and bring gently to the boil, stirring occasionally. Add the aubergines and coriander reduce the heat, and simmer for 2-3 minutes.
3. Serve immediately with the rice or noodles, garnished with the coriander sprigs.

Post-Workout Peppers Serves 4

(Slow Cooker or Oven)

Ingredients

- 4 large sweet red peppers
- 3 cups of cooked brown rice
- 6 cherry tomatoes, chopped
- 1 small onion, chopped
- 200g of mixed beans
- 50g crumbled feta or goats cheese
- 1 tin/jar of chopped ripe olives
- Fresh basil leaves, thinly sliced
- 2 garlic cloves, crushed or finely sliced
- 1 teaspoon Himalayan Sea salt
- ¼ tsp pepper ground black pepper
- 200ml water
- 200ml tomato passatta



Method

1. Cut tops off peppers and remove seeds; set aside.
2. In a large bowl, combine the rice, tomatoes, onion and beans.
3. Stir in 30g of the cheese, olives, basil, garlic, salt and pepper.
4. Spoon into peppers.
5. Combine passatta sauce and water; pour half into an oval 5-qt. slow cooker. Add the stuffed peppers.
6. Top with the remaining sauce.
7. Sprinkle with remaining 20g of crumbled cheese.
8. Cover and cook on low for 3-½ hours or until peppers are tender and filling is heated through.
9. Serve with green vegetables and dress in Extra Virgin Olive oil.

Stuffed Sweet Potatoes Serves 4

Ingredients

- 4 medium sweet potatoes
- 1 cup uncooked quinoa
- 200ml vegetable broth
- 1 tsp coconut oil
- 1 chopped onion
- 1 clove garlic
- 200g black beans, drained and rinsed
- ¼ tsp ground cumin
- ¼ tsp ground paprika
- ¼ tsp ground coriander
- ¼ tsp cayenne pepper
- 1 tbsp fresh lime juice
- 1 tbsp honey
- Sea salt and freshly ground black pepper
- 1 Tbsp chopped cilantro
- 100g of goats/feta cheese



Method

1. Preheat oven at 180c.
2. Pierce holes with fork in sweet potatoes then place on a baking tray and bake in preheated oven until tender, about 40 minutes.
3. Meanwhile, in a medium saucepan, bring quinoa and broth to the boil, then reduce heat to low and cover and simmer 15 minutes, or until fluffy.
4. Heat oil in a skillet over medium-high heat.
5. Once hot, add onion and sauté until tender for about 3 minutes.
6. Add in garlic and cook for a further minute.
7. Add onion mixture to cooked quinoa, along with black beans, cumin, paprika, coriander, cayenne, lime juice and honey, 1 Tbsp chopped cilantro and toss mixture.
8. Season with salt and pepper to taste.
9. Cut cooked sweet potatoes in half and scoop out some of the sweet potato flesh to create a bowl shape, while leaving about 1/3 to 1/2 -inch of sweet potato intact (reserve scooped out potato in fridge for another day).
10. Fill sweet potatoes with quinoa mixture, then sprinkle tops evenly with cheese.
11. Transfer to oven and cook until cheese has melted.
12. Serve warm or cold with salad leaves or vegetables.

Big Bad Burger Combo Serves 2

Ingredients

For Burgers

- 2 tsp of coconut oil
- 1 finely chopped onion
- 1 carrot, grated
- ½ red pepper
- 1 tomato sliced
- 1 inch thick, round slices of sweet potato -
Oven cooked in coconut oil
- 2 gherkin's, sliced thinly
- 50g crumbled feta cheese
- 3 garlic cloves, smashed, peeled and finely chopped
- 2 tbsp tomato puree
- 2 tsp dried herbs
- 1 tsp oregano
- 2 tsp sprouted, ground flaxseed
- 400g kidney beans or black beans – cooked
- 200g chickpeas- cooked
- 50g chopped nuts
- Himalayan sea salt and black pepper
- 3 tbsp gluten free flour
- 4 skewers



For side dishes (Coleslaw and corn on the cob)

- 30g full fat organic butter
- 4 corn on the cob
- ½ chopped red cabbage
- ½ chopped white cabbage
- ½ grated red onion
- ½ grated carrot
- 1 crushed garlic clove
- Handful of chopped coriander
- 1 tsp of cayenne pepper
- 100g of Greek yogurt
- ½ squeezed lemon/lime

Method

For Burgers

1. Melt 1 tbsp coconut oil in a saucepan.
2. Add onion, garlic, herbs, and oregano.
3. Season with salt and pepper to taste. Stir fry for 5 minutes.
4. Chop beans in a blender. Add onion mix and nuts. Blend briefly.
5. Chill the mix in the freezer for 15 minutes.
6. Dust work surface with flour. Make 6 – 8 burger shapes. Place on a baking sheet and chill.
7. Melt 2 tbsp of coconut oil in a frying pan on a high heat. Fry burgers until brown (Approx 10 minutes).

*These burgers will freeze well and be sure Defrost for 4 hours if frozen.

For side dishes

1. Preheat oven at 180c.
2. Place corn on the cob in oven dish, cover all in butter and sprinkle tbsp. of cayenne pepper, salt and pepper over top.
3. Place in oven for 20-30mins until lightly golden, soft and cooked.
4. Place chopped cabbage, grated red onion and carrot, crushed garlic and squeezed lemon juice in a salad bowl.
5. Thoroughly mix together with hands.
6. Then add Greek yogurt, cayenne pepper and chopped coriander to the bowl.
7. Mix well again with hands and refrigerate until ready to serve.

To serve

1. Place veggie burgers between 2 slices of cooked sweet potato (like a bun) with 2 slices of gherkin, tomato and a crumble of feta cheese in between buns and burger.
2. Place skewer between burgers to keep together.
3. Serve on plate with dollop of coleslaw and a corn on the cob.
4. Viola!

Comfort Soup and Croutons Serves 4

Ingredients

For the soup

- 50g organic full fat butter
- 4 teaspoons of coconut oil
- 300g of French puy lentils rinsed
- 1 white onion, chopped
- 2 leeks, chopped
- 2 sticks celery
- 5 cloves garlic, crushed
- 500g of portobello mushrooms chopped and diced
- 400ml of vegetable stock (bullion)
- Juice of 1 lemon
- Handful of flat-leaf parsley



For the Goats cheese croutons (4)

- 120g of goats cheese (30g per crouton)
- 1 egg
- 100g of ground almonds
- 1 tsp of sea salt and black pepper
- 1 tsp of coconut oil

Method

For the goats cheese crouton

- Separate goats cheese into 4, 30g croutons.
- Roll into balls in palms and then press to slightly flatten.
- Mix ground almonds, salt and pepper in a small bowl.
- In another bowl beat the egg.
- In a small sauce pan, heat oil over medium heat until a toss of ground almond sizzles.
- One by one, dip croutons into ground almond mix, shake, dip into beaten egg, then once more dip into ground almonds.
- Fry gently in coconut oil until golden.

For the soup

1. Heat butter and oil in medium size pan together over medium-low heat.
2. Add crushed garlic, chopped onion, leek and celery to the pan and sauté until lightly brown.
3. Add chopped mushrooms into pan and sauté for further 5 minutes.
4. Add lentils, vegetable stock and bring to the boil, then turn down heat and simmer for 30-40 minutes until lentils are cooked.

To Serve

1. Squeeze whole lemon into soup and stir well.
2. Ladle soup into bowls, sprinkle with fresh parsley and add a goats cheese crouton to the middle of the soup.
3. Serve and enjoy!

Vegetable Sauté Noodles Serves 2

Ingredients

- 1 vegetable stir fry pack (beansprout, onion, pepper, cabbage etc)
- 1 pack of rice noodles 100g
- Handful of chopped mushrooms
- Handful of kale
- Handful of spinach
- 1 pak choi, detached
- Handful of Baby corn
- 2 tsp coconut oil
- 2 tbsp peanut/cashew butter
- Fresh grated ginger
- 1 finely chopped chilli
- 1 garlic clove, crushed
- Sesame seed oil
- Fish sauce
- Tamari
- ½ squeezed lime



Method

For Vegetable stir fry

1. Place coconut oil in a medium-high heated wok.
2. Add mushrooms and stir until slightly coloured.
3. Add stir fry pack and stir for few minutes until soft and starting to colour.
4. Then add kale, spinach, pak choi, and baby corn; continue to stir for 3-5 minutes.
5. Serve stir fried vegetables in 2 bowls.

For Sauté Sauce and noodles

1. Put 4 tbsp of sesame oil in wok on low-medium heat in wok.
2. Add garlic, chilli and ginger.
3. Stir for minute or 2 until slightly coloured.
4. Then add another 4 tbsp of fish sauce, splash of tamari, ½ lime squeezed and peanut/cashew butter.
5. Stir and simmer for 2 minutes until form smooth sauce mixture.
6. Now add rice noodles and continue to simmer and stir for 3 minutes.

To serve

1. Place sauté noodle mix on top of vegetable stir fry mix, using spoons mix bowl of contents thoroughly until sauté sauce covers whole dish.
2. Serve with fresh coriander leaves on top and enjoy.

Cocoa Chilli Serves 4

Ingredients

- 2 tsp coconut oil
- 1 large white onion
- 2 carrots
- 2 courgettes
- 1 sweet potato
- 1 tbsp cumin seeds
- 1 tsp ground cumin
- 2 tsp ground coriander
- ½ tsp Himalayan sea salt
- 1 tsp chilli powder
- 2 tbsp tomato puree
- 50g sweet corn
- 400g tin of cooked black beans
- 50g cacao nibs



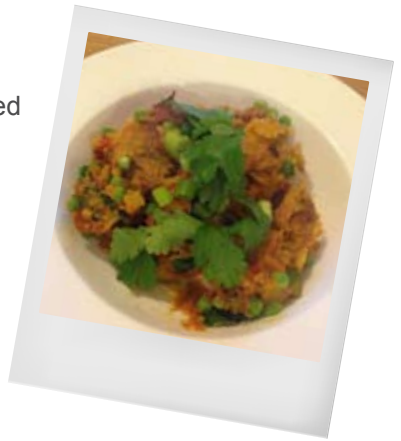
Method

1. Chop onion, carrots, courgettes and sweet potato into evenly sized small chunks.
2. Sauté onion, carrots and sweet potato in coconut oil over medium heat until softened.
3. Add cumin, coriander, salt and chilli powder, cooking for a few minutes, occasionally stirring.
4. Add tomato puree and courgettes.
5. Cover with water and bring to the boil, then simmer for 25 minutes.
6. Add sweet corn and black beans and cook for a further 10 minutes.
7. If chilli looks dry at more water.
8. Break the cacao nibs into small pieces and add to the chilli 15 minutes before serving so that it melts with the sauce (chilli off heat).
9. Serve in bowls and enjoy!

Red Thai Bubble and Squeak Serves 4

Ingredients

- 300g sweet potatoes, peeled and chopped
- 1 bunch of spring onions, finely chopped
- ½ red pepper, chopped
- 1 tbsp coconut oil
- ¼ cup of coriander finely chopped
- 2 tbsp red Thai curry paste
- 2 tbsp fine coconut
- 4 tbsp frozen peas, defrosted



Method

1. Boil potatoes in salted water until cooked, drain and set aside to cool.
2. In frying pan heat the coconut oil over medium heat, add onions and pepper. Cook gently until soft and slightly brown.
3. Roughly mash the cooked potatoes and add to frying pan.
4. Continue cooking on medium heat, stirring now and again until potatoes crisp.
5. Stir in red Thai paste, coconut cream, coriander and peas.
6. Continue cooking for couple of minutes, stirring
7. Serve with steamed broccoli.

Veggie Ragout Serves 6

Ingredients

- 3 red onions
- 2 bulbs fennel
- 2 sticks celery
- 4 carrots
- 250g chestnut mushrooms
- 4 garlic cloves
- 4 tsp coconut oil
- 500ml vegetable stock
- 1 tbsp tomato puree
- 125g tinned unsweetened chestnut puree
- Handful fresh herbs (rosemary, thyme, oregano)
- Handful leaf parsley
- 1 red pepper
- 125g chestnuts
- 125g sundried tomatoes



Method

1. Preheat oven at 170°C.
2. Peel and cut red onions into quarters.
3. Remove the woody bits from fennel and cut into quarters.
4. Cut celery into chunks.
5. Peel and cut carrots into small chunks.
6. Slice mushrooms in half.
7. Crush the garlic with a little salt.
8. Lightly sauté the carrots, fennel, red onions, red pepper and celery until just softened. Arrange in large baking dish.
9. In same pan, sauté chestnut mushrooms and garlic for a couple of minutes on low heat.
10. Turn up heat to medium and add stock, tomato puree, chestnut puree, porcini mushrooms, sun dried tomatoes and chestnuts. Cook until lightly coloured.
11. Pour this liquid mix over the vegetables in baking dish.
12. Cover dish with foil and bake for 45minutes.
13. Check occasionally and add water if too dry.
14. After removing from the oven, sprinkle with fresh parsley and serve.

Butterbean and Mediterranean Vegetable Roast Serves 2-4

Ingredients

- ½ medium sized butternut squash (peeled, deseeded and diced into 1 inch cubes)
- 200g tinned butterbeans (drained)
- Large handful of cherry vine tomatoes
- 1 chopped red pepper, 1 chopped yellow pepper
- 2 red onions chopped into quarters (skin off)
- 4 cloves of garlic (still in the skin and pressed flat)
- ½ sliced courgette
- Large handful of spinach leaves
- Handful of black olives
- 1 tbsp mixed herbs
- 4-5 bay leaves
- ½ squeezed lemon
- 2-3 tsp coconut oil
- Extra virgin olive oil
- Balsamic vinegar



Method

1. Pre heat oven for 20 minutes while preparing food at 180c.
2. Place all chopped vegetables and butterbeans in a large oven tray/dish covered in coconut oil, lemon juice, herbs, bay leaves and garlic cloves.
3. Leave to cook for 15 minutes, shaking and stirring occasionally.
4. Add spinach, cherry tomatoes and olives. Continue to cook for another 10-15 minutes or until dish is lightly roasted golden brown and soft.
5. Serve and drizzle Extra Virgin Olive oil, balsamic vinegar to dress and enjoy!

Broccoli and Cauliflower Cheese Serves 6

Ingredients

- 1 cauliflower, leaves removed and broken into small florets
- 1 broccoli, broken into small florets
- 50g butter
- 50g brown rice flour
- 1 tsp mustard powder or seeds
- 500ml coconut/almond Milk
- 100g goats cheese
- 2 tbsp snipped chives



Method

1. In a very large saucepan, cook the cauliflower in boiling salted water for 5 mins. Then add the broccoli and cook for 3 mins more. Drain well and transfer to a large ovenproof dish.
2. For cheese sauce, melt the butter in a small sauce pan, when foaming add the flour and mustard powder, cook for 1 min, stirring constantly.
3. Take off the heat then add the milk, a little at a time, stirring constantly to get rid of any lumps. Once half the milk has been added, return to the heat and add the remaining milk.
4. Keep stirring and bring to the boil.
5. Then a simmer and cook for 2 mins, until thickened and smooth.
6. Add most of the cheese and some seasoning then take off the heat and add the chives.
7. Pour the sauce over the vegetables and sprinkle with the remaining cheese.
8. This can be done the day before and kept covered in the fridge.

