

# LYSOSOMAL ACID LIPASE -DEFICIENCY

## HEALTHY EATING WITH LAL-D

Guidance on how to follow a LAL-D friendly diet



The information provided in this guide is intended as a source of general information to support patients and caregivers living with Lysosomal Acid Lipase-Deficiency (LAL-D). It is not intended for any self-diagnosis purposes nor to replace the advice of your child's doctor or healthcare professional. Please consult your doctor or healthcare professional for further information about LAL-D and its management.

## INTRODUCTION

This guide has been developed in collaboration with Cèlia Rodríguez-Borjabad a Registered Dietitian Nutritionist at Vascular Medicine and Metabolism Unit. University Hospital “Sant Joan”. Rovira i Virgili University. IISPV. CIBERDEM. Reus (Spain) in order to provide nutritional guidance to patients living with lysosomal acid lipase deficiency (LAL-D).

Dietary interventions together with ongoing clinical care are now seen as an integral part of LAL-D management.<sup>1</sup> Studies have shown that a low-fat diet can act as a supportive or complementary treatment.<sup>1</sup>

In this guide you will find:

- Nutritional guidance about how to follow a LAL-D friendly diet
- Over a hundred specially formulated recipes for LAL-D patients

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# A SIMPLE GUIDE TO MACRONUTRIENTS

**There are 3 types of macronutrients in our food:**

- CARBOHYDRATES
- FATS
- PROTEINS

**Foods are a combination of macros, For example chicken is a protein but it also contains fat.**

## CARBOHYDRATES

Carbohydrates are divided into two groups: simple carbohydrates and complex carbohydrates. Both simple and complex carbohydrates break down into sugar molecules (glucose).

A simple carbohydrate is made up of one or two sugar molecules, while a complex carbohydrate contains three or more sugar molecules. Complex carbohydrates are broken down more slowly by the body into sugars. This means that the energy is released more slowly and can support more balanced energy levels.

Some complex carbohydrates are not broken down by the body and this is what we call fibre. Fibre is very important to maintain a healthy, balanced gut bacteria and to help support our bowel movements. Carbohydrates can be refined (processed) or unprocessed (e.g. vegetables).

**Try and eat more unrefined carbohydrates and a variety of plant groups (vegetables, fruits, legumes and wholegrains) as this supports overall health.**



## PROTEINS

Proteins are broken down into amino acids. Amino acids can be essential or non-essential. We need all amino acids, but essential amino acids have to come from our food as our body is not able to make these. However, our bodies can make non-essential amino acids.

Meat, poultry, fish and dairy are known as complete proteins. This means that they contain adequate amounts of all the essential amino acids.

Protein is also found in plant foods (especially grains and legumes). Soy and quinoa are good low-fat options that contain all essential amino acids. It's important to eat a wide variety of plant proteins in order to get enough of each essential amino acid throughout the day.



## FATS

Fats are broken down into fatty acids. Fats can be unsaturated or saturated, including omega 3 & 6 fatty acids which are considered essential fatty acids. While 'good' fats are considered an important part of the food, those with LAL-D need to minimise fat intake.



Fats are found in animal products, oils and dairy products. They can be found in other foods even though they are not always visible (e.g. nuts & seeds). It is important that LAL-D patients compensate for reduced fat intake by consuming additional protein and carbohydrates.

**If your doctor has advised you to reduce your daily intake of lipids to a certain amount of lipids per day, you may find the diagram overleaf helpful.**


























# A SIMPLE GUIDE TO MACRONUTRIENTS

- KEY**     = 5g of fat     = 2.5g of fat
- If there is no box it is because they contain less than 1g fat per portion
  - Foods in **red** should be avoided








## MEAT

	<b>Turkey Thigh</b> 120g 
	<b>Chicken breast</b> 120g 
	<b>Rabbit</b> 120g 
	<b>Pork loin</b> 120g  
	<b>Steak</b> 120g   
	<b>Fillet</b> 120g 
	<b>Lamb</b> 120g     















## FISH

	<b>White fish</b> 120g 
	<b>Oily fish</b> 120g  
	<b>Mussels</b> 120g 
	<b>Prawns</b> 70g  
	<b>Squid / cuttlefish / octopus</b> 120g 

## VEGETABLE PROTEIN

	<b>Seitan</b> 120g 
	<b>Tofu</b> 120g 
	<b>Soya</b> 120g 
	<b>Beansprouts</b> 100g 

## OILS

	<b>Olive oil</b> 1 tablespoon 
	<b>Olives</b> 5 portions 
	<b>Butter</b> 10g 
	<b>Avocado</b> ½ portion   
	<b>Dried fruit</b> 30g   
























## LEGUMES

	<b>Legumes</b> 200g 
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## EGG

	<b>1 Egg</b> 
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## DAIRY

	<b>Skimmed milk</b> 1 glass 
	<b>Semi-skimmed milk</b> 1 glass 
	<b>Whole milk</b> 1 glass   
	<b>Oat milk</b> 1 glass 
	<b>Rice milk</b> 1 glass 
	<b>Soya milk</b> 1 glass 
	<b>Skimmed yoghurt</b> 1 portion 
	<b>Whole yoghurt</b> 1 portion 
	<b>1 Tub</b> 120g 
	<b>Cottage cheese</b> 30g 
	<b>Cheese</b> 30g  

Please note that this is not a complete list, please consult your doctor or dietician for more information.

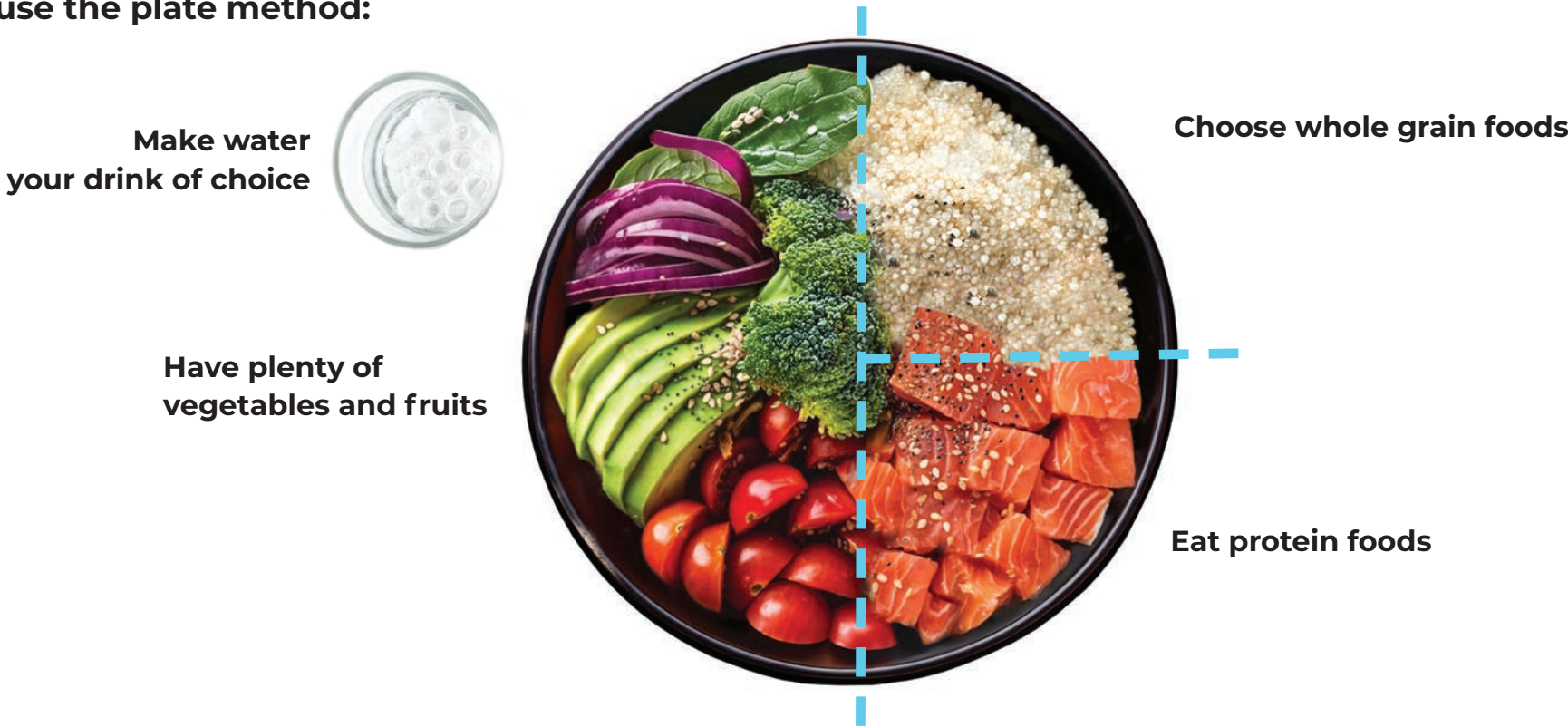
# WHAT IS A LOW LIPID DIET?

**A low-lipid diet involves limiting your intake of foods that are high in fat.**

Foods containing unhealthy saturated fats should be limited (e.g. pastries, biscuits, ready meals, fast food, cold cuts and red meat) and care should also be taken to avoiding eating too many foods that contain healthy unsaturated fats (e.g. oils, olives, avocado, dried fruit/nuts and oily fish).

A healthy diet that is low in saturated fat should have a focus on wholegrain products, vegetables, fruit and fish.<sup>2</sup>

**One way of following a healthy diet is to use the plate method:**



**Fortunately, many foods are naturally fat-free or low in fat.** A little bit of knowledge can help you choose the correct foods and follow a low-fat diet. Here are some recommendations for following a low-fat diet:

- ✓ Eat plenty of fresh fruit and vegetables, as these are low in fat and contain lots of vitamins and minerals. They are also high in fibre and can help reduce cholesterol. Eating seasonal fruit and vegetables should be encouraged. You can eat all kinds of fruit and vegetables except avocado, olives and coconut, which are high in fat.
- ✓ Include pulses in your diet; these are an excellent food for reducing lipids. As well as being highly versatile in cooking, they are very high in fibre, protein, vitamins and minerals.
- ✓ Choose wholegrain cereals, as these contain more fibre and will help to keep your energy levels up throughout the day and control blood lipids.
- ✓ Eggs can be eaten 2–3 times per week but they should be scrambled, baked, boiled or used in an omelette and not fried.
- ✓ Meat and fish are important sources of protein. Eat white fish, chicken, turkey and rabbit rather than red and processed meats which are high in saturated fats. Remove the skin and fat from the meat before cooking. Avoid processed meats as these usually contain more fat. If you want to have hamburgers or meatballs, use lean meat and mince it yourself so they have less fat rather than buying them.
- ✓ Make water the drink of choice.
- ✓ Choose low-fat dairy products.
- ✓ You should avoid processed foods (e.g. soft drinks, pastries, sweets, biscuits, sauces and ready meals) that are high in fat and sugar and may contain trans fats, which can increase cholesterol levels in the blood.

# THE WAY IN WHICH YOU COOK YOUR FOOD IS ALSO IMPORTANT

Cooking without oil is not really a problem, as there are many healthy alternatives to frying and roasting, such as baking, microwaving, grilling, steaming, poaching and sautéing.

## SAUTÉ

(vegetables, meat, pulses and fish)

- Heat a vegetable broth in a frying pan
- When the broth starts to boil, add the vegetables
- Cover if necessary
- Cook until the vegetables are al dente



## STEAM

(vegetables, pulses and fish)

- Fill the bottom of the steamer with 3 cm of water and bring to the boil
- Add ingredients
- Cover the steamer and cook



## POACH

(vegetables and fish)

- Add 3 cm of cold water to a frying pan
- Add the vegetables and cook for about 5 minutes
- Place the fish fillets over the vegetables and cover them
- Cook until the fish is fully cooked



## GRILL

(vegetables, meat and fish)

- Place a stainless-steel frying pan under a high-temperature grill
- When the frying pan is very hot, after about 10 minutes, add the meat or fish and cook



## BARBECUE

(vegetables, meat and fish)

- Place on a hot barbecue and cook well
- Fat-free sauces, as well as spices and herb marinades, make the food taste great





# THE LAL-D FRIENDLY DIET FOR ADULTS

We should follow a low-fat diet and encourage the consumption of healthy foods.

It is important to opt for foods that are high in fibre such as fruit, vegetables and legumes, to encourage the consumption of complex carbohydrates (oatmeal, quinoa, wholegrain pasta or rice, potato, sweet potato, wholegrain bread and seeds), and to consume healthy protein in moderation (fish, seafood, poultry, eggs and / or vegetable protein such as tofu, soy, seitan or kefir), as they contain fat.

In addition to high-protein foods, we must not forget that healthy fats (oil, olives, dried fruits, oily fish and avocado) should also be eaten in moderation.

In order to follow a healthy, low-fat diet, we need to follow the below advice:

## BREAKFAST

Breakfast can be comprised of a dairy product, wholegrain cereal and a piece of fruit.



**Dairy products:** milk, yoghurt, fresh or low-fat cheese and/or milk alternatives with no added sugar. The use of skimmed dairy product is an easy way of lowering the lipid content in our diet.



**Cereals:** breakfast cereals with no added sugar, oatmeal, bread, toast, etc. It is better to opt for wholegrain.



**Fruit:** preferably opt for seasonal fruit.

## LUNCH

In order to eat healthily we can use the plate method. The plate method involves dividing a plate into 3 portions.

These are:

- 50% vegetables
- 25% complex carbohydrates (wholegrain pasta, rice or bread, potato, sweet potato, quinoa, corn and legumes)
- 25% low-fat protein (fish, seafood, egg, poultry and vegetable protein).

The main drink should be water and the dessert should preferably be fruit.

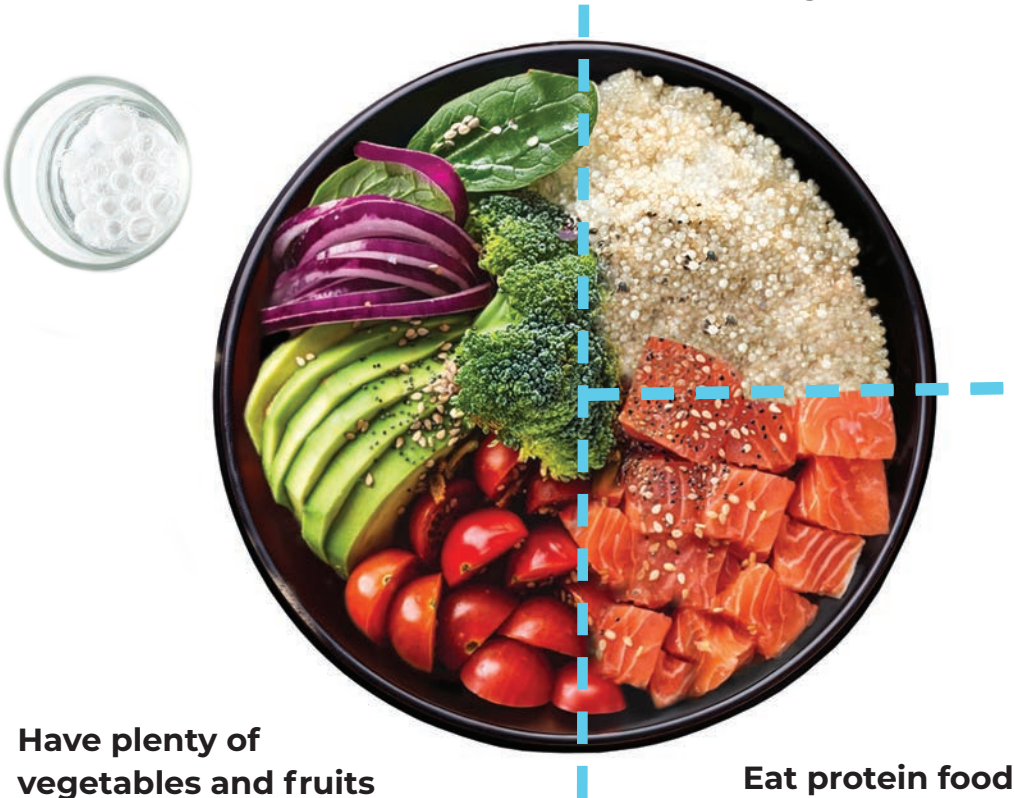
## MID-MORNING AND AFTERNOON SNACK

Snacks should be light. The best options are skimmed dairy products, corn or rice cakes, fruit and/or vegetables.

Make water your drink of choice



Choose whole grain foods



Have plenty of vegetables and fruits

Eat protein foods

## DINNER

**The plate method should also be applied to dinner, but opting for lighter foods instead.**

The drink should also be water and the dessert should be fruit. It is important to drink water and avoid alcoholic and sugary drinks.

As well as following a varied, balanced and complete diet, the way we cook is very important. It is therefore necessary to use simple cooking techniques (wok frying, steaming, boiling, griddle cooking, grilling, sautéed, baking, microwaving or papillote).

Fat-soluble vitamins (vitamin A, D, E and K) should be monitored. It is therefore important to consult health professionals. Sometimes it is necessary to use MCT oil, your healthcare professional will recommend this oil if necessary.

MCT oil is an oil that contains medium-chain triglycerides which have the peculiar characteristic in that the body digests them more easily and they are metabolised differently (unlike normal oil, which contains long-chain triglycerides, MCTs do not form chylomicrons).

Chylomicrons are lipoproteins, the function of which is to transport lipids obtained from your diet to the liver and other tissues). You must read the instructions carefully as often this oil cannot be heated.

**The promotion of a healthy lifestyle (sleep well, exercise and have a social life) will be key to good health.**

# CHILDREN WITH RAPIDLY PROGRESSIVE LAL-D

**Clinically, there are two main types of LAL-D: Wolman disease, which occurs in infants, and later-onset LAL-D, also known as cholesterol ester storage disease (CESD), which occurs in children and adults. LAL-D is a genetic hereditary disorder that affects fat metabolism.<sup>3,4</sup>**

It is characterised by the storage of some specific lipids (cholesterol esters and triglycerides) in the majority of organs and tissues, due to an absence or deficiency of the lysosomal enzyme lysosomal acid lipase.<sup>3,4</sup>

The clinical onset of Wolman disease occurs in the first few weeks of life and affects multiple organs. This is a severe disease and affected infants can experience gastrointestinal abnormalities, progressive malnutrition, enlargement of the liver and spleen, and excess fat in the stool.<sup>3,4</sup>

A low-fat diet is an important and integral part of patient management.<sup>5,6</sup> Regular dietary adjustments are needed in order to ensure that growth is optimal and fat consumption should be consistent with recommended goals.<sup>6</sup> Please talk to your child's treating physician to obtain the appropriate dietary advice.

# THE LAL-D FRIENDLY DIET FOR CHILDREN

Children who have LAL-D have to follow a healthy and balanced diet, just like other children.

The only difference is that their diet must be low in fat. In a low-fat diet we have to take into account the reduction in healthy fats (olive oil, olives, avocado, oily fish and dried fruits) and, above all, avoid unhealthy fats (pastries, baked goods, processed and cured meats).

To ensure the intake of the necessary calories we can structure meals as follows:

- Breakfast
- Mid-morning snack
- Lunch
- Afternoon snack
- Dinner

## BREAKFAST

Breakfast can be comprised of a dairy product, wholegrain cereal and a piece of fruit.



**Dairy products:** milk, yoghurt, fresh or low-fat cheese and/or milk alternatives with no added sugar. The use of skimmed dairy product is an easy way of lowering the lipid content in our diet.



**Cereals:** breakfast cereals with no added sugar, oatmeal, bread, toast, etc. It is better to opt for wholegrain.



**Fruit:** preferably opt for seasonal fruit.

Here are some breakfast examples:

## BREAKFAST AT HOME



Milk with wholegrain cereal



Yoghurt with berries



Yoghurt with seeds



Toast with cottage cheese and strawberries



Strawberry and banana smoothie with oat milk



Bowl of fruit with dark chocolate chips

## BREAKFAST AT SCHOOL



Yoghurt with fruit



Hummus sandwich



Sandwich with fresh cheese and tomato



2 homemade oatmeal and banana cookies



Wholegrain bread sticks and a kiwi



Corn cakes with 1 breast of fillet turkey and a tangerine



## LUNCH

**For lunch we will use the plate method, which makes eating healthily very simple. We divide the plate into 3 sections (as shown in the picture):**

- 50% vegetables
- 25% complex carbohydrates (wholegrain pasta, rice or bread, potato, sweet potato, quinoa, corn, legumes)
- 25% low-fat protein (fish, seafood, egg, poultry or vegetable protein).

**Have water to drink and preferably fruit as dessert.**

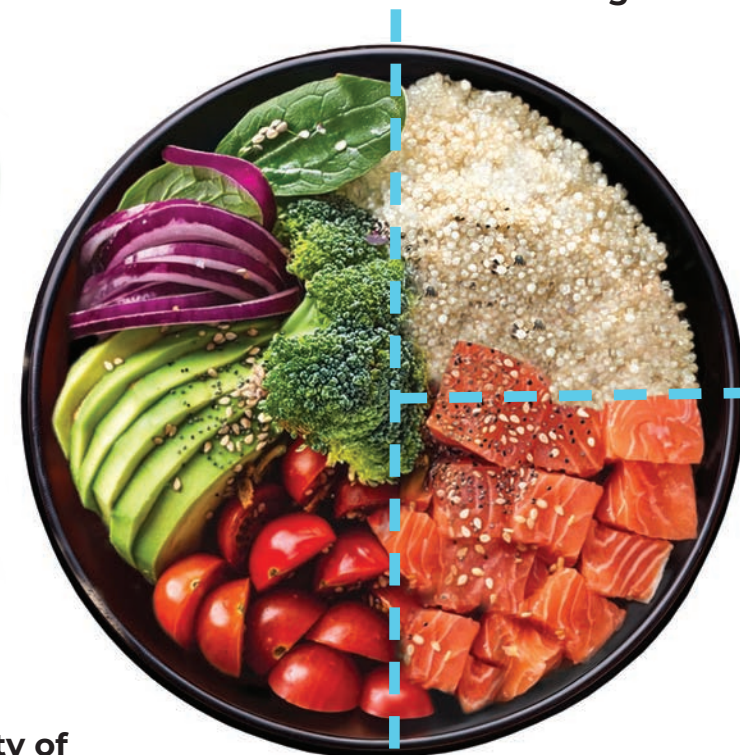
## AFTERNOON SNACKS

Snacks should be light, avoiding juices and pastries (this is a recommendation for everyone, not just for those with LAL-D). Some good options are dairy products, corn cakes, fruit or vegetables (carrot or cucumber sticks, cherry tomatoes, etc.).

**Make water your drink of choice**



**Choose whole grain foods**



**Have plenty of vegetables and fruits**

**Eat protein foods**

## DINNER

**The plate method should also be applied to dinner, but opting for lighter foods instead.**

The drink should be water and the dessert should be fruit. To prevent children eating foods that are high in fat and empty calories, it is important not to buy these products. If children and teenagers can't find these foods in the house, they won't eat them. A shopping list is key to not giving in to temptation.

Children and teenagers should also be encouraged to be more aware of their own diet. A better understanding of the impact of nutrition can provide a greater sense of control.

It can also lead to taking personal responsibility over the food choices children and teenagers make. One possible way of achieving this is to encourage participation in cooking and in choosing appetising recipes.

There are easy tricks for transforming a meal into a healthy one. One trick is to simply change the proportions of the meal you're making by using the plate method. Another easy trick is to change the cooking method to reduce the fat content.

For example, if your child asks for cake, it's easy to make a healthy homemade version using low-fat ingredients. There is always a healthy alternative. A fun way of learning is to involve children – the whole family can enjoy looking for healthy recipes!

The main problem that can arise with a low-fat diet is a fat-soluble vitamin deficiency (vitamins A, D, E and K). However, this does not always happen. It is important to consult healthcare professionals in order to monitor these vitamin levels.

**Promoting healthy meals with healthy lifestyle habits (sleeping well, exercising and having a social life) is really important for healthy development.**

# TIPS FOR MAINTAINING YOUR LAL-D DIET

- ✓ **Every time you do eat, always include a source of quality protein** such as skinless chicken, fish, egg whites, beans, lentils. Protein is more satisfying than carbohydrates and will give your body all it needs to help to ensure proper growth, build muscles, repair cells and keep hair, skin and nails healthy.



- ✓ **Boost soluble fibre levels** (think oats, legumes and 'above the ground vegetables') as this will not only keep you full, but will also help to block the breakdown and absorption of dietary fats (including cholesterol) preventing them from being digested.



- ✓ **Try batch cooking.** This again can help to reduce the stress around deciding what to eat, especially when you are busy. Simply, double / triple up on the ingredients when making a meal, and then you will have a healthy meal sitting in your fridge or freezer, whenever you need it.
- ✓ **Eat a portion of cruciferous vegetables at least 4-5 times a week** (broccoli, cabbage, rocket etc) as well as being high in fibre, studies have indicated these foods may actually help to protect your liver.<sup>7</sup>

- ✓ **Consider a weekly meal planner and have the ingredients readily available.** By having your meals organised in advance, you can avoid any unnecessary stress around trying to decide what to make for your healthy, nutritious fat-free meal. Unhealthy foods options are often chosen because of convenience, however if the ingredients for the meals are readily available, they will then become convenient. A good way to have healthy food in the pantry is by making a good shopping list.



- ✓ **Ensure you are drinking sufficient fluids** and try adding a home-made fruit and vegetable smoothie as one of your daily drinks. Warning: juices (even if they are homemade juices) are rich in sugar.
- ✓ **Always eat breakfast, followed by healthy lunch and dinner, with 2-3 snacks each day.** Eating regular meals will help you to maintain energy levels & mood.



# BREAKFAST RECIPES



## BREAKFAST RECIPES

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# PORRIDGE

## INGREDIENTS



### For 1 portion:

- 5 tbsp (50g) rolled oats
- 350 ml skimmed milk
- pinch of salt

### Options:

- 1 tbsp maple syrup or honey (adjust amount to taste)
- handful of fresh fruit  
e.g.. berries, banana, mango, kiwi
- spoonful of low fat yoghurt

## METHOD



1. Put the oats in a saucepan and add the Milk & Salt.
2. Stir and bring to boil.
3. Turn down heat & simmer for about 5 minutes stirring regularly to prevent oats from sticking to bottom of pan.
4. Serve in a bowl while warm.
5. Optional: Add a spoonful of low fat yoghurt, a drizzle of honey and fresh fruit.



# OVERNIGHT OATS

## INGREDIENTS



### For 1 portion:

- 5 tbsp (50g) rolled oats
- 5 tbsp skimmed milk
- 1 tbsp maple syrup or honey (adjust amount to taste)
- 1 small apple – grated
- handful of fresh fruit  
e.g. berries, banana, mango, kiwi,
- 1 small carrot  
– very finely grated (optional)

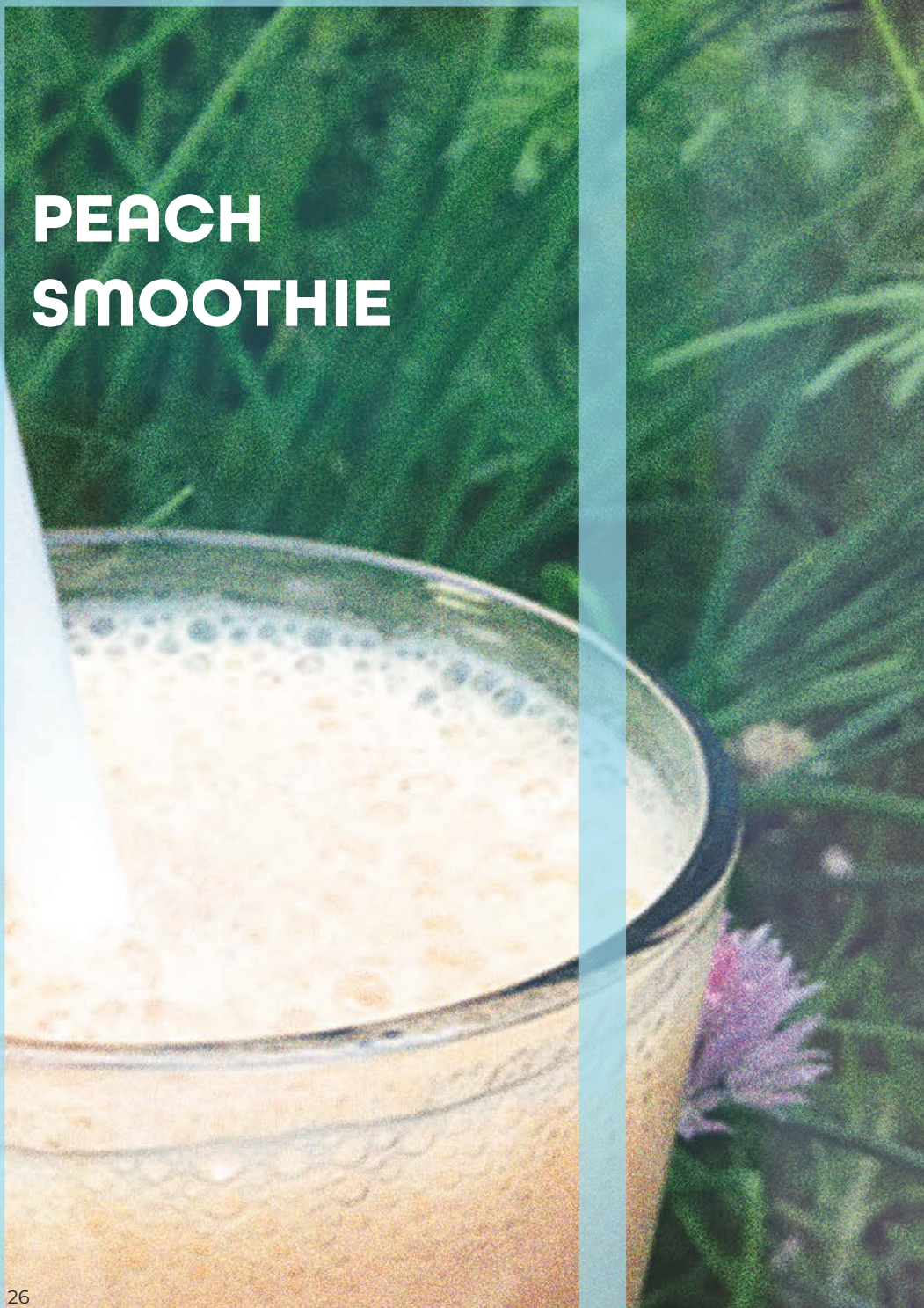
## METHOD



1. Place oats in a small glass and mix in the milk and the syrup.
2. Stir well.
3. Cover and place in fridge overnight.
4. In morning simply add the grated apple and a little extra milk to loosen. Add the carrot at this point if using. Stir to mix a little and then top with the other fruit.
5. This takes minimal preparation in the morning. Prepare the fruit the night before. Apple and carrot are best grated just before serving.
6. This also makes a delicious dessert. You can make larger amounts of the oats and milk as it will keep in the fridge in a covered container for about 4 days.







## PEACH SMOOTHIE

### INGREDIENTS



#### For 1 portion:

- 1 - 2 fresh peaches  
– gently wash and remove stone
- 60 ml low fat yoghurt
- 120 ml coconut water
- 1 tbsp honey

### METHOD



1. Blend all the ingredients in a high speed blender and drink immediately.

## GREEN SMOOTHIE



### INGREDIENTS



#### For 1 portion:

- large handful fresh spinach
- 1 large slice of watermelon
- 1 banana – frozen
- small handful fresh mint leaves
- small knob of ginger – peeled
- ½ lime – peeled
- 300 ml of water or coconut water  
(adjust amount to get your desired consistency)

### METHOD



1. Blend all the ingredients in a high speed blender and drink immediately.

#### Top Tips:

- To peel ginger easily – use a small spoon to scrape off skin.
- To freeze bananas – peel and slice and then freeze open on a tray until hard. Then transfer to a freezer bag. If you make a habit of cutting a banana into say 6 pieces, when you come to take the required amount of frozen banana, then you will know that 6 pieces makes one whole banana.



## EGG WHITE FRITTATA

### INGREDIENTS



#### For 1 portion:

- 2 / 3 large egg whites
- pinch of salt
- pinch of garlic powder
- ¼ tsp freshly ground black pepper
- ¼ tsp ground turmeric
- 4 cherry tomatoes – halved
- handful spinach leaves
- 3 mushrooms -finely sliced
- ½ onion – finely sliced

### METHOD



1. Whisk the egg whites with salt, pepper, turmeric & garlic powder until foamy.
2. Heat a frying pan and then pour the egg white mixture into the pan. Let it cook for a minute.
3. Add the tomatoes, onions, mushrooms, spinach on top of the egg mixture and keep cooking for a minute. Then transfer to under a grill to finish cooking (about 5 minutes).
4. Serve with salad leaves and raw sliced vegetables like red cabbage, carrot and radish. Drizzle with lemon juice.

## BREAKFAST PIZZA

### INGREDIENTS



#### For 1 portion:

- 1 wrap per person
- 2 tbsp of passata
- 1 tsp of tomato purée
- some pre-cooked vegetables
- pre-cooked prawns or chicken
- 1 tsp of nutritional yeast
- fresh herbs

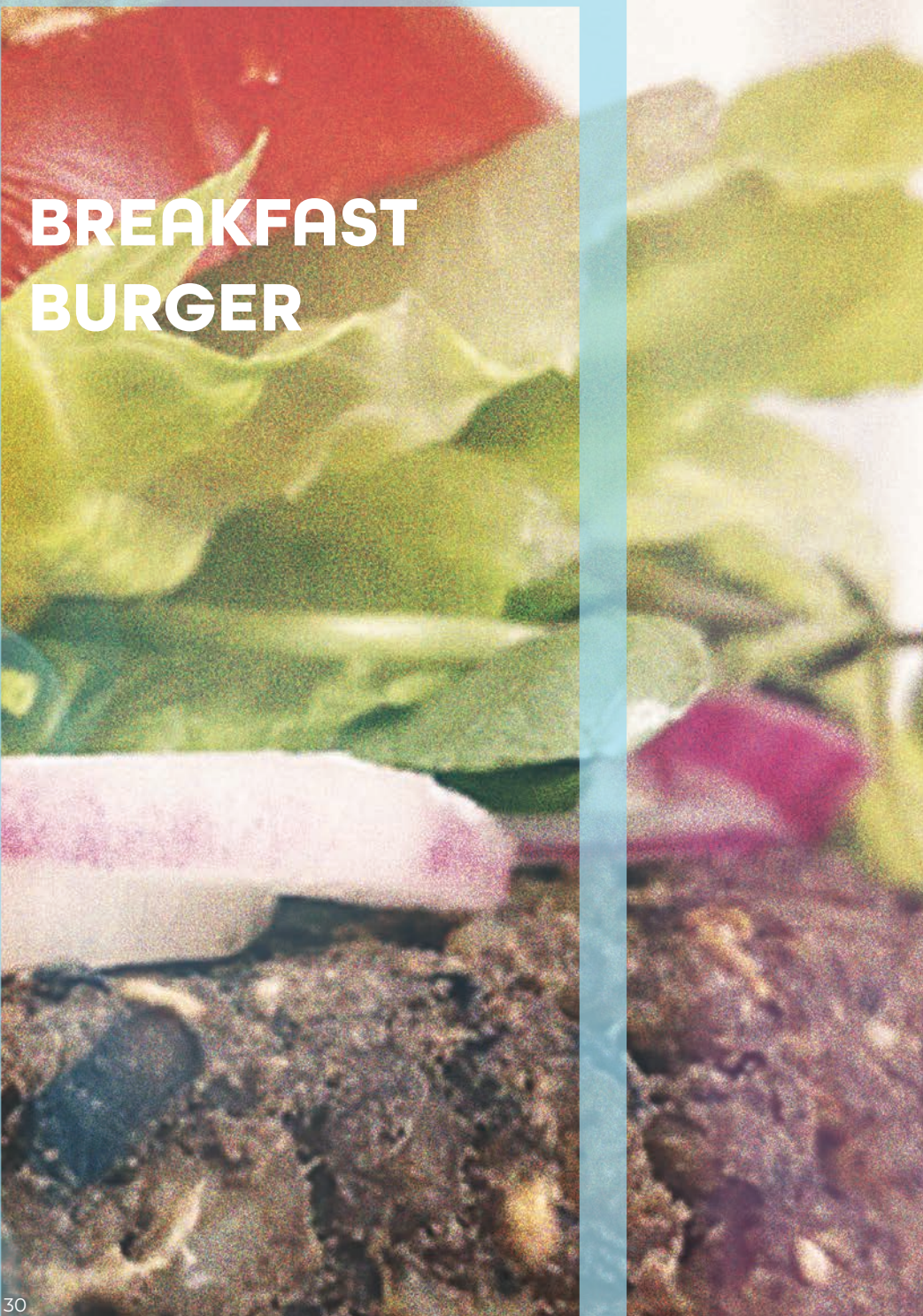
### METHOD



1. Lay the wrap flat on a piece of baking paper on top of a baking tray.
2. Spoon over passata and a squirt of tomato purée.
3. Top with vegetables and prawns
4. Sprinkle over the nutritional yeast.
5. Place under grill and cook until edges of wrap crisp. Keep an eye on it as the wrap will overcook quickly and burn.
6. Serve with fresh herbs sprinkled on top.
7. You can roll the wrap to create a burrito style breakfast.







## INGREDIENTS



### For 1 person:

- 150 g of aubergine & mushrooms  
– cooked finely chopped
- ½ tin black beans  
– drained & rinsed then mashed up
- 35 g cooked rice
- 20 g rolled oats
- 1 tbsp nutritional yeast
- 1 tbsp tamari or soy
- salt and pepper to taste
- 1 egg white (if required)

### Herbs & spices:

- add some fresh chopped herbs like thyme or parsley. Add spices like ground cumin, coriander, chilli flakes to your taste. About ½ tsp.
- sliced red onion
- 1 tbsp apple cider vinegar or lemon juice

## METHOD



1. To cook the aubergine and mushrooms put 30 ml of vegetable stock in a frying pan and heat. Add the vegetables and stir while cooking. Add a little stock as required until aubergine and mushrooms are soft. Remove from heat and drain liquid.
2. Mix all the ingredients together in a bowl & then blend for 30 seconds in a food processor or nutribullet.
3. See how the mixture feels after blending. If it is too crumbly add a little egg white or bread crumbs to help bind it together. Add a little at a time. If the mixture is too wet then add a few more beans, oats or rice.
4. Cover the bowl and put it in fridge for about 15 mins. This will help it hold together.
5. After chilling the mixture, divide the mixture into two equal parts & form into burger shapes with your hands or use a burger press. You can form burgers the day before & cover and keep in fridge.
6. Put the onion in a small bowl with the vinegar lemon juice and leave for 10 minutes. This will give the onions a vibrant pink colour and reduce their bite – making a perfect burger topping.
7. Preheat oven to 180°C.
8. Place the burgers on a paper lined baking tray with an edge to prevent cooking juices from overflowing. Bake for about 15 minutes turning halfway.
9. Serve in a bun with the onion on top and some fresh spinach or other salad leaves.





## CRUSTY BREAD WITH COTTAGE CHEESE AND POMEGRANATE

### INGREDIENTS



#### For 1 portion:

- 2 slices of crusty wholegrain bread
- ½ a pomegranate
- cottage cheese

### METHOD



1. Take 2 slices of crusty wholegrain bread.
2. Cover with cottage cheese followed by pomegranate seeds.



## VEGETABLE SANDWICH

### INGREDIENTS



#### For 1 person:

- wholegrain bread
- dijon mustard
- cucumber
- red pepper
- fresh spinach

### METHOD



1. Spread a little dijon mustard onto two slices of wholegrain bread.
2. Then, make up the sandwich with the cucumber, red pepper and fresh spinach.





## TOAST WITH FIGS, ROCKET, COURGETTE AND YOGHURT

### INGREDIENTS



#### For 1 portion:

- wholegrain bread
- 1 fig
- ¼ of a courgette
- rocket
- 1 tbsp of yoghurt
- ½ a lemon
- 1 tsp of pepper

### METHOD



1. Put sliced fig, raw or lightly fried courgette, rocket and a bit of yoghurt seasoned with lemon and pepper on a slice of wholegrain bread.



## TOAST WITH FRESH CHEESE, TOMATO AND BASIL

### INGREDIENTS



#### For 1 person:

- wholegrain bread
- fresh cheese
- tomato
- basil

### METHOD



1. Take a slice of wholegrain bread.
2. Slice the fresh cheese and the tomato.
3. Place a slice of tomato and fresh cheese on top of the slice of bread, and continue until the slice of bread is covered.
4. Sprinkle basil on top





## HEALTHY TOAST WITH HUMMUS

### INGREDIENTS



#### For 1 portion:

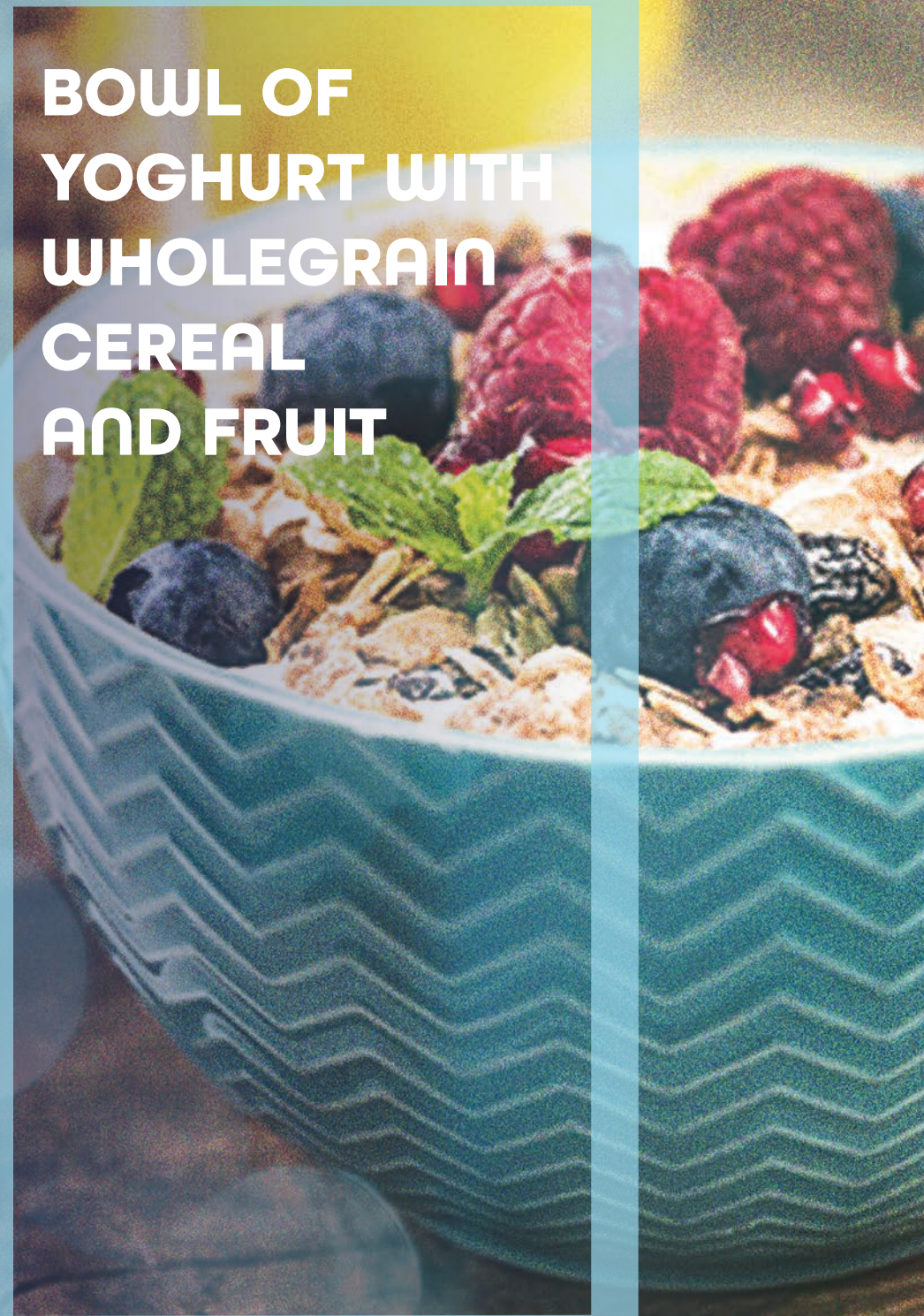
- wholegrain bread
- hummus (see recipe)
- cherry tomatoes
- oregano

### METHOD



1. Toast a slice of bread.
2. Spread the hummus on the toast.
3. Garnish with the cherry tomatoes and the oregano.

## BOWL OF YOGHURT WITH WHOLEGRAIN CEREAL AND FRUIT



### INGREDIENTS



#### For 1 portion:

- 1 skimmed yoghurt
- 30 g wholegrain cereal  
with no added sugar
- seasonal fruit

### METHOD



1. Add the yoghurt, then the cereal to a bowl.
2. Decorate with seasonal fruit.



# CHIA SEEDS WITH MILK AND RED BERRIES



## INGREDIENTS



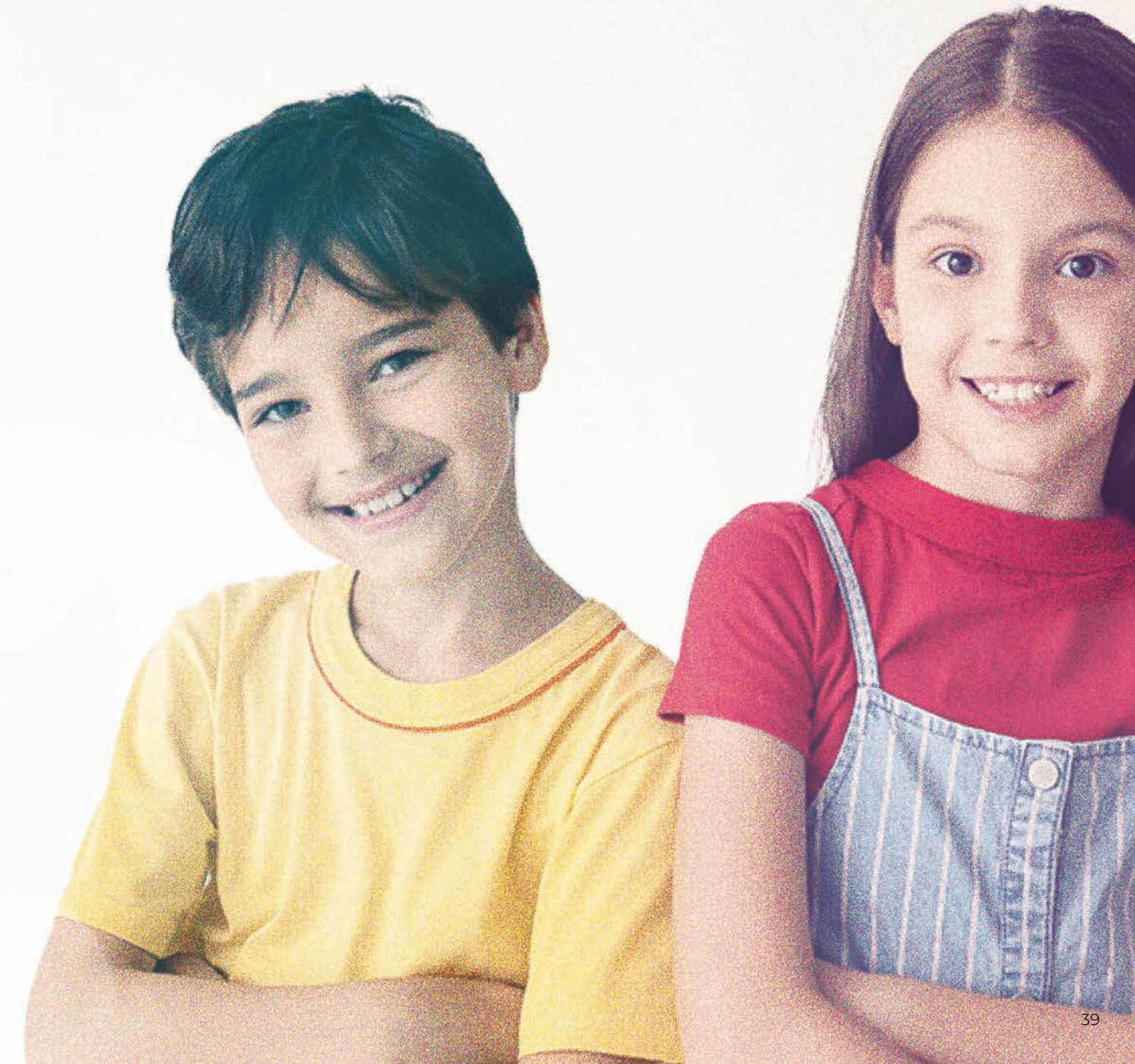
### For 1 portion:

- 2 tbsp of chia seeds
- half a cup of skimmed milk or milk alternative with no added sugar
- cinnamon to taste
- red berries

## METHOD



1. Mix the chia seeds with the milk in a jar and leave overnight.
2. Serve and add red berries and cinnamon to taste.





# LUNCH AND DINNER RECIPES



## LUNCH AND DINNER RECIPES

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# TURKEY MEATBALLS WITH ASIAN- STYLE BULGUR



## INGREDIENTS



- 200 g of hot water
- 50 g of bulgur wheat
- 20 g of olive oil
- 150 g of tomatoes
- 10 g of coriander
- 6 g of mint
- 8 g of parsley
- 12 g of basil
- 10 g of red onions
- 10 g of red onions
- 30 g of pickles
- 20 g of lemon juice
- salt and pepper to taste
- 100 g of minced turkey meat (fillet only)
- 50 g of boiled rice
- 10 g of onions
- 2 g of garlic

## METHOD



1. Cover the bulgur wheat with water and leave for 10 - 15 minutes until it has grown in size.
2. Clean, peel and slice the vegetables and herbs into sticks, cook over low heat in a frying pan, add the tender bulgur wheat and spices, and leave at a low temperature for 10 minutes as needed.
3. Add the finely sliced onions, garlic, rice, salt and pepper to the minced meat. Mix well and mould into 3 meatballs. Cook for 20 minutes.
4. Place the bulgur on a plate, top with the meatballs and serve with leafy vegetables.

# VEGETABLE BASMATI RICE WITH ROAST CHICKEN



## INGREDIENTS



- 200 g of basmati rice
- 200 g of carrots
- 10 g of raisins
- 50 g of onion
- 1 kg of chicken (skinless)
- 5 g of paprika
- 20 g of garlic
- 40 g of olive oil
- salt and pepper to taste

## METHOD



1. Gently remove the skin from the chicken and marinate it in a mixture of salt, paprika and garlic for 1 hour. Remove the marinade, and first wrap the chicken in cabbage leaf, which will keep the meat moist, and then wrap in paper. Roast at 220°C for 30 minutes.
2. Slice the carrots and onions. Soak the rice and raisins in hot water for 30 minutes. Place the finely sliced onions and carrots in the saucepan, add water, and cook for a few minutes. Add the spices, raisins, rinsed rice and cover with water. Cook until the water has been absorbed. Measurement: 1 part rice for 1.25 parts water.
3. Place the rice on a large plate, top with chicken and garnish.



# TORTILLA WRAP



## INGREDIENTS



- 30 ml – 100 ml of vegetable stock
- 1 small red onion – sliced
- ½ red pepper – thinly sliced
- 2 - 3 cloves of garlic – crushed
- 1 sweet potato – thinly sliced (into large matchstick shapes)
- ½ tsp sea salt
- 4 egg whites
- freshly ground black pepper
- ½ tsp chilli flakes (optional)
- large lettuce leaves
- fresh tomato & cucumber – sliced
- lemon juice

## METHOD



1. Add 30 ml of stock to a small frying pan over medium heat, then add the onion & red pepper and sauté until softening.
2. Add the garlic and sweet potato and cook until tender. Cover and simmer gently. Add more stock as required. Stir regularly. This will take about 10-15 minutes. You can use leftover pre-cooked sweet potato, in which case just add potato to the pan after cooking the garlic for a minute.
3. Add the chilli flakes, turmeric, salt and pepper. Stir.
4. Add the egg whites and stir and cover pan. Simmer for about 10 minutes until egg whites are cooked through. A 18cm pan took 4 large egg whites. Add more if necessary.
5. Remove from the pan and slice into rectangle shapes. Lay on top end of a large lettuce leaf. Layer the tortilla with thinly slices of cucumber, tomato, fresh herbs etc. Squeeze a little lemon juice. Then carefully roll up to make a spring roll shape. You might need to double up the lettuce leaf for extra strength. Secure with a skewer.



# BEETROOT RAVIOLI WITH CREAM CHEESE FILLING AND APPLE SALAD

## INGREDIENTS



- 150 g of beetroot
- 50 g of 5% fat cream cheese
- 10 g of leafy vegetables
- 2 g of garlic
- 100 g of apples
- 30g of celery
- 10g of olive oil
- 10g of lemon juice
- salt and pepper to taste

## METHOD



1. Cut the beetroot into pieces and cook until ready.
2. Chop the garlic and leafy vegetables, mix with the cream cheese and whisk with a blender. Place the filling in the centre of the beetroot slices and fold them in half.
3. Cut the celery and apple into strips and cover with olive oil and lemon juice. Add salt to taste.
4. Place the beetroot ravioli on a plate and top with the apple salad.



# SQUID AND PRAWN SALAD

## INGREDIENTS



### For 4 servings:

- 20 g of cherry tomatoes
- 20 g of avocado
- 30 g of prawns
- 50 g of squid rings
- 30 g of lettuce leaves
- 30 g of olive oil
- 1 lemon
- 2 g of garlic
- salt and pepper to taste

## METHOD



1. Cook and peel the prawns. Defrost the squid, dry them on kitchen paper and warm them in the preheated oven for 2 - 3 minutes.
2. Cut the cherry tomatoes into pieces. Halve the avocado, remove the stone, peel and slice it.
3. Mix the olive oil with the lemon juice and salt. Pour the mixture over the lettuce leaves.
4. Place the lettuce leaves on a plate, add the prawns and squid rings, cherry tomatoes and avocado.





# CHERRY TOMATOES WITH MOZZARELLA CUBES

INGREDIENTS



For 4 servings:

- 150 g of cherry tomatoes
- 50 g of 19 - 22% fat mozzarella cubes

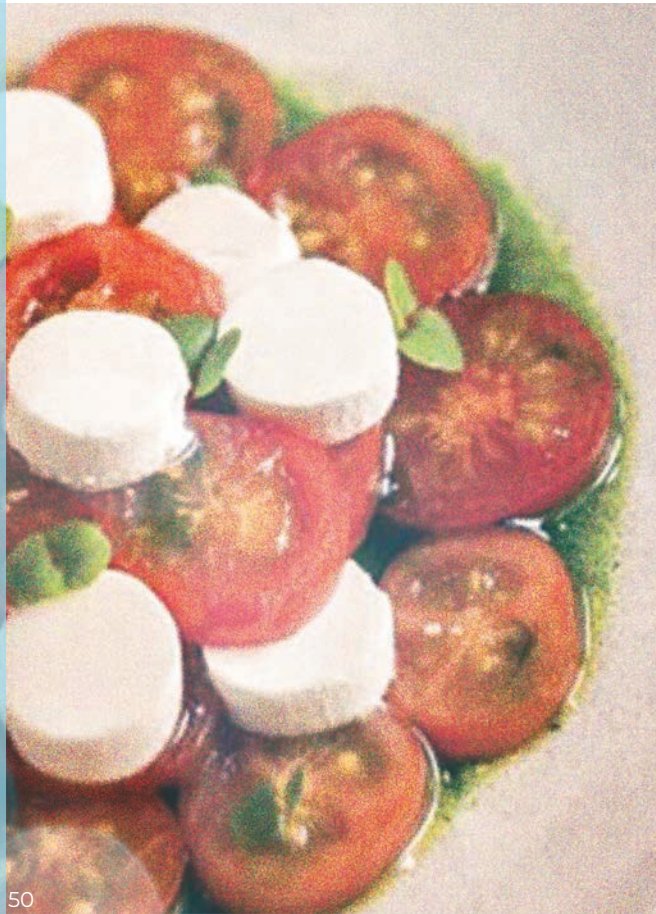
Sauce:

- 50 g of basil
- 2 g of salt
- 20 g of olive oil
- garlic

METHOD



1. Mix all the sauce ingredients with a blender. Pour onto a plate.
2. Cut the tomatoes and the mozzarella into pieces and place them on top of the sauce.



# PITTA BREAD ROLLS WITH VEGETABLES, CHEESE AND CHICKEN BREAST

INGREDIENTS



- 75 g of cooked chicken fillet
- 100 g of 2.5% fat cottage cheese or 2.5% fat cream cheese
- 20 g of lettuce leaves
- 10 ml of 2.5% fat milk
- 1 pitta bread
- 10 g of parsley
- salt

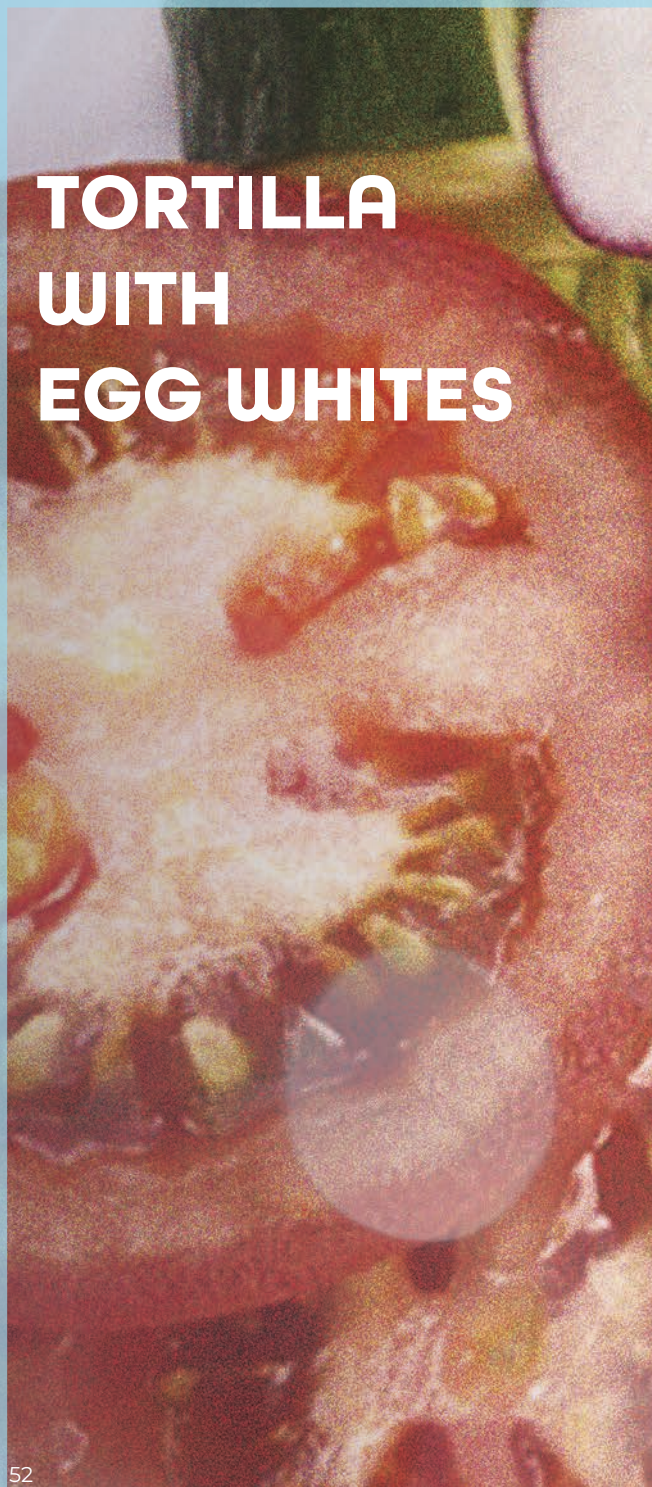
METHOD



1. Cook, cool and cut the chicken fillet into thin strips.
2. Mix the cottage cheese or cream cheese, milk and parsley together with a blender. Place the mixture in the pitta bread and top with the chicken fillet. Roll it up.
3. Cut into portions and serve with leafy vegetables.







# TORTILLA WITH EGG WHITES



## INGREDIENTS



- 30 ml – 100 ml of vegetable stock
- 1 small red onion – sliced
- ½ red pepper – thinly sliced
- 2 - 3 cloves of garlic – crushed
- 1 sweet potato – thinly sliced (into large matchstick shapes)
- ½ tsp sea salt
- 4 egg whites
- freshly ground black pepper
- ½ tsp chilli flakes (optional)
- ½ tsp turmeric
- mixed salad leaves
- fresh tomato – sliced
- lemon juice

## METHOD



1. Add 30 ml of stock to a small frying pan over medium heat, then add the onion & red pepper and sauté until softening.
2. Add the garlic and sweet potato and cook until tender. Cover and simmer gently. Add more stock as required. Stir regularly. This will take about 10 - 15 minutes. You can use leftover pre-cooked sweet potato, in which case just add potato to the pan after cooking the garlic for a minute.
3. Add the chilli flakes, turmeric, salt and pepper. Stir.
4. Add the egg whites and stir and cover pan. Simmer for about 10 minutes until egg whites are cooked through. A 18cm pan took 4 large egg whites. Add more if necessary.
5. Eat warm or leave to cool and then store in the fridge. Cut into slices for packed lunch.
6. Serve with a salad of mixed leaves, tomato and include asparagus, sweet corn. Choose salad items you enjoy. Think of the rainbow in terms of colour.



## WHOLE GRILLED FISH

### INGREDIENTS



- 1 whole fish of your choice
- fresh lemon – cut in thick slices
- fresh herbs
- salt and pepper
- 100 ml vegetable stock
- 50 ml white wine (optional)

### METHOD



1. Stuff the fish cavity with fresh herbs and lemon slices. Season well.
2. Baste with vegetable stock and / or white wine
3. Cook under a grill turning when required depending on the thickness of the fish.
4. Cooks well on a barbecue
5. Serve with rice or potatoes, salad or vegetables

## VEGGIE BEAN SOUP

### INGREDIENTS



- 2 litres of vegetable stock
- 4 carrots – peeled and diced into small cubes
- 2 onions – peeled and thinly sliced
- 1 leek – thinly sliced
- 1 - 2 potatoes – peeled and diced into small cubes
- 1 sweet potato – peeled and diced into small cubes
- 4 spring onions
- small bowl of frozen peas
- 1 x tin cannellini beans – drain and rinse
- fresh parsley
- lemon (for a squeeze of juice just before serving)

### METHOD



1. Put vegetable stock in a large pan and bring to a simmer.
2. Add the carrots, onion, leek, potatoes, spring onion and beans.
3. Warm through for a few minutes and then serve with a garnish of parsley.

Once cool refrigerate remaining soup and eat over the next few days, rewarming gently. Makes about 2 litres.







# SEAFOOD SALAD



## INGREDIENTS



- 250g cooked prawn
- 50g cooked white crab meat
- 50g cooked octopus or squid – thinly sliced
- 1 courgette
- 1 carrot
- salt and pepper
- 1 red pepper – diced
- 1 yellow pepper – diced
- lettuce leaves – washed & dried

## METHOD



1. Mix all the cooked seafood together in a large glass bowl.
2. Make the dressing by mixing all the dressing ingredients together and whisk to combine. Pour dressing over seafood and keep covered in the fridge.
3. Peel the courgette and carrot and grate coarsely. Mix well in a bowl and season with salt and pepper and squeeze a little lemon juice over.
4. To serve lay the lettuce leaves on a plate and add the diced peppers, vegetables, seafood and then pour over dressing.

**Tip:** if using as a packed lunch, place everything in a container and keep the dressing in a separate container and add just before eating. Try with other dressings e.g. Herby Tofu Dressing and Asian Dressing.

### Dressing:

- 2 cloves of garlic – crushed
- 1 red chilli – finely chopped
- 15ml apple cider vinegar
- 15ml lemon juice
- 1 tsp maple syrup
- fresh herbs –  
e.g. coriander, mint, parsley, chives – finely chopped



# TOMATO SOUP

## INGREDIENTS



### For 2 - 3 servings:

- 1 medium onion - diced
- 1 carrot - diced
- 1 stick of celery - diced
- 3 tablespoons of tomato purée
- 1.2 kg of fresh tomatoes - chopped with tough cores removed
- Sea salt & black pepper
- 2 bay leaves
- 1.2 litres of vegetable stock

## METHOD



1. Put about 30 ml of the stock in a large pan and heat. Add the onion, celery and carrot. Cook until softened – adding more stock to stop anything burning. Once softened add the tomato purée and stir. Then add the fresh tomatoes, bay leaves and remaining stock. Bring to boil. Then cover and reduce heat to a simmer for about 20 minutes. Remove bay leaves. Blend all or half or leave unblended.
2. Once cool you can freeze in portion sized containers or freezer bags.
3. To serve add a swirl of low-fat quark or yoghurt and freshly ground black pepper.
4. Also makes a great sauce for pasta.

# SUPER GREEN PASTA

## INGREDIENTS

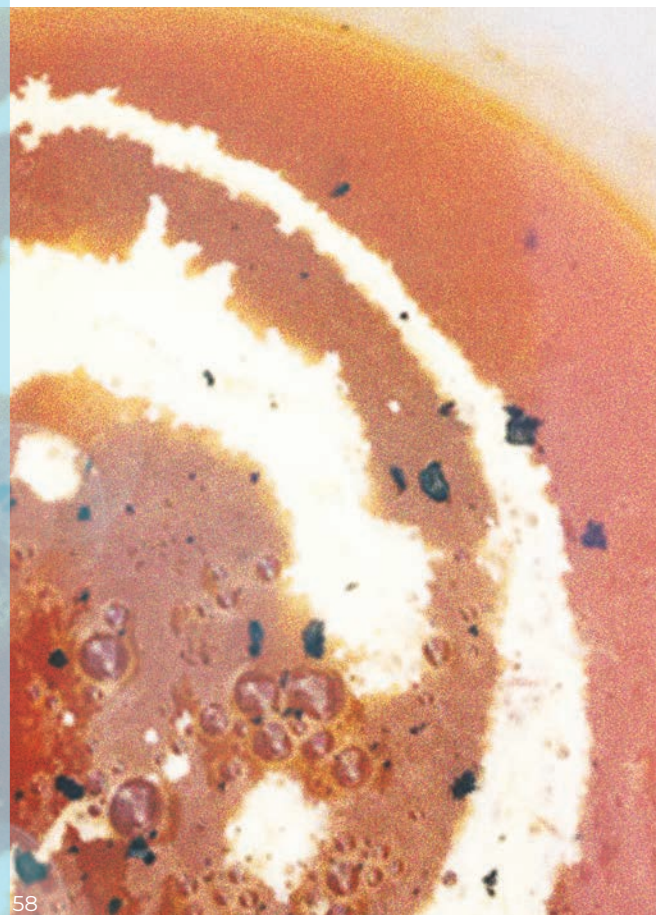


- 60 ml of Herby Tofu sauce (see recipe)
- 100g buckwheat noodles or portion of pasta of your choice
- ½ tsp salt
- water
- mixed steamed vegetables – e.g. broccoli, carrots, beans, courgette
- fresh herbs for garnish
- lemon wedge
- nutritional yeast (optional)

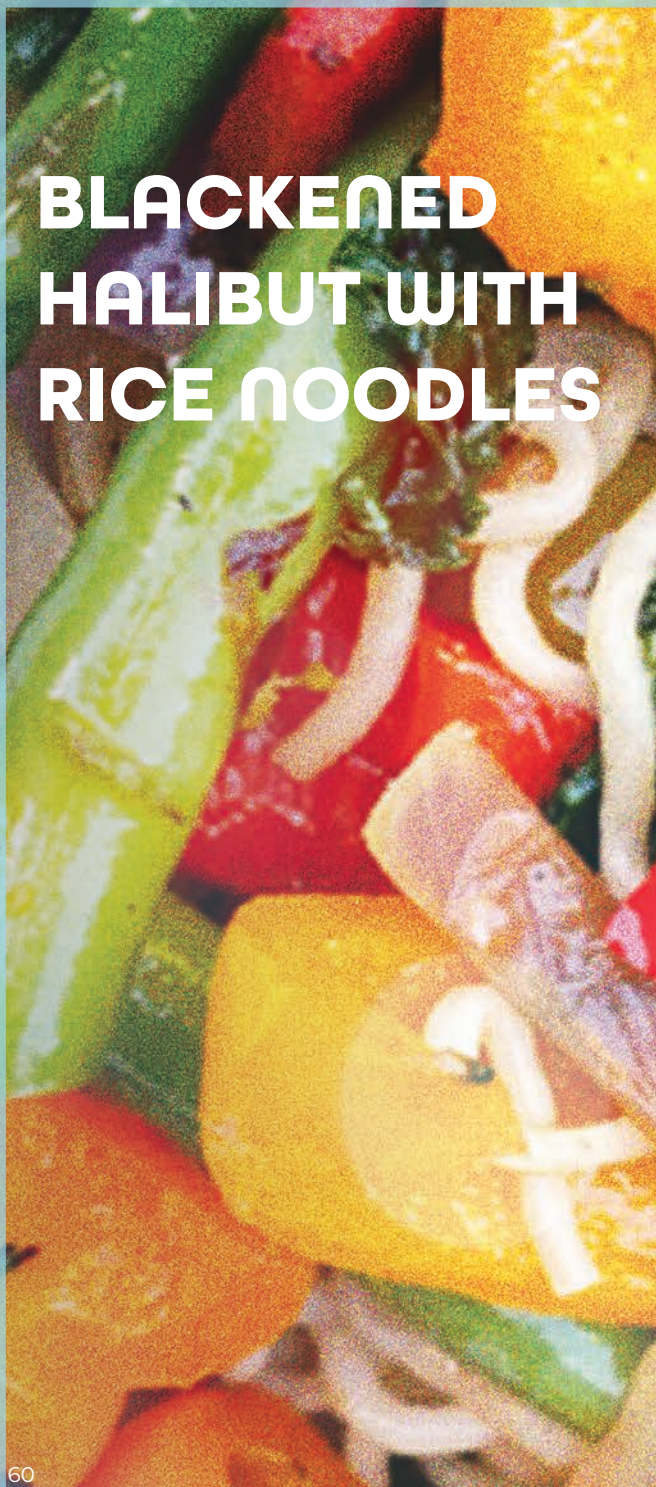
## METHOD



1. Heat water with the salt in a saucepan and cook the pasta according to the instructions.
2. Steam your selected vegetables until just tender.
3. Drain the pasta and place in a bowl. If using buckwheat soba noodles drain and rinse.
4. Add the vegetables and drizzle over the sauce.
5. Garnish with fresh herbs, lemon wedge and sprinkle of nutritional yeast if using.







## INGREDIENTS



- 1 or 2 fillets of halibut or cod
- rice noodles
- 1 red pepper – sliced
- 1 orange peppers -sliced
- 10 asparagus – chopped into bite sized pieces
- 2 cloves garlic – crushed
- 50 - 100 ml of vegetable stock
- 8 florets of broccoli – in bite sized pieces
- 2 carrots – chopped into bite sized pieces
- 2 tbsp soy sauce
- 1 tbsp honey
- lemon to garnish

## METHOD



1. Put about 30 ml of vegetable stock in a small frying pan and heat.
2. Add all the prepared vegetables and stir fry adding more stock as required to prevent vegetables from sticking to pan. Add the garlic after about 5 minutes.
3. Cook a portion of rice noodles in water – following instructions of the pack. Once cooked drain & rinse if necessary and add to the vegetables.
4. Heat a little stock in another pan and add the fish fillets skin side down and cook and then turn over or cover and cook until fish is cooked through. Add a little extra soy sauce and the honey when the fish is almost cooked, so it caramelises a little.
5. Serve the fish with the noodles & vegetables. Season with sea salt and freshly ground black pepper. Squeeze some lemon juice over the top.
6. The extra fish fillet and vegetables – always cook extra can be used as a packed lunch or cold lunch the next day.



## SUNSHINE SALAD

### INGREDIENTS



- 1 carrot – cut into thin sticks
- ½ red pepper – thinly sliced
- ½ yellow pepper – thinly sliced
- 4 small tomatoes – cut into quarters – reserve juice from tomatoes
- 1 spring onion – thinly sliced
- fresh chives – finely chopped
- salt and freshly ground black pepper
- apple cider vinegar or fresh lemon juice

### METHOD



1. Simply mix all the ingredients and add a tablespoon of vinegar or lemon juice and season to your taste with salt and pepper
2. If using for a packed lunch – cut vegetables and dress just before taking with you or take a wedge of lemon to squeeze over just before eating.



## STUFFED SWEET POTATO

### INGREDIENTS



- 1 sweet potato
- piece of kitchen towel (if microwaving potato)
- 1 tin of tuna in brine
- tomato – chopped
- red pepper – chopped
- ¼ cucumber – diced
- ¼ tsp of spice of your choice e.g. ground cumin
- salt and pepper for seasoning to taste
- 1 tbsp lemon juice
- fresh herbs & nutritional yeast for garnish
- mixed salad leaves

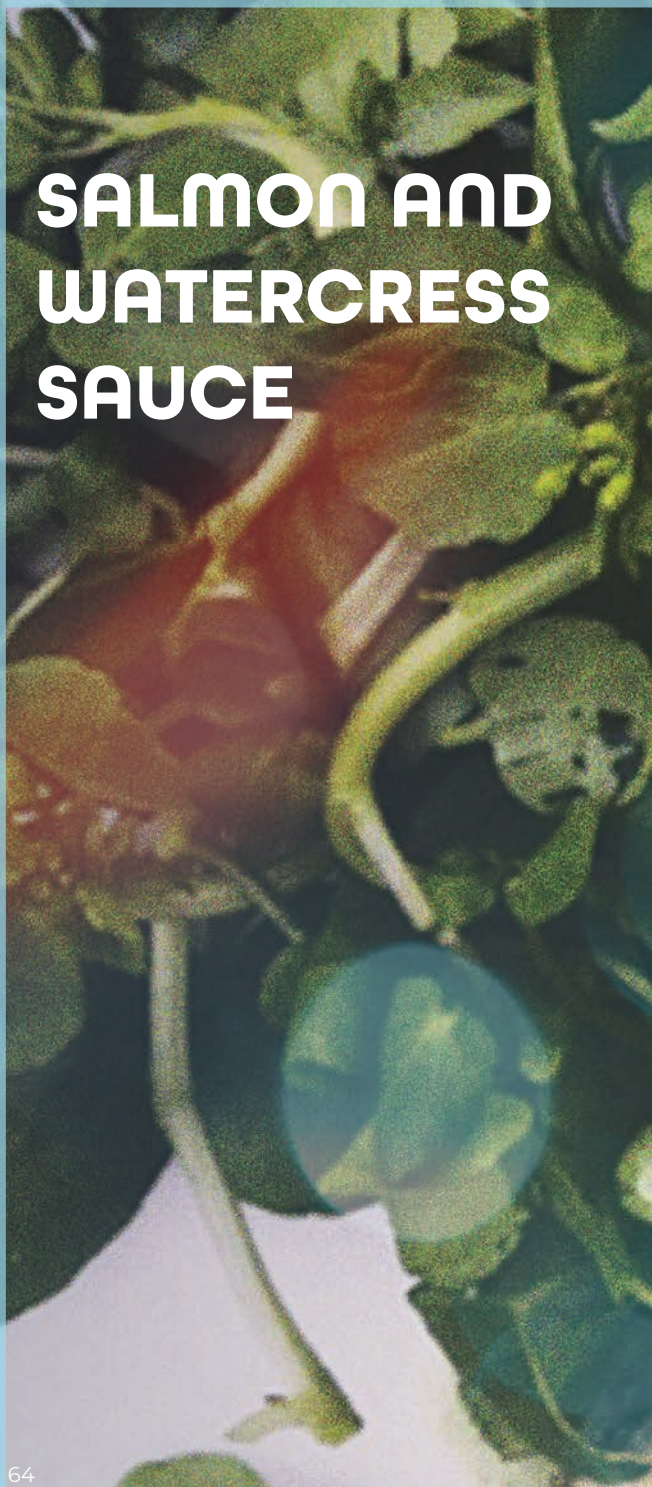
### METHOD



1. Prick the potato 10 times using a fork.
2. If microwaving – wrap potato in a piece of kitchen towel and pop in microwave. Cook according to your microwave instructions until the potato is cooked through. Alternatively cook in an oven at about 200° until a knife pierces through to centre with ease (about 45 minutes).
3. While the potato is cooking, place all the other ingredients in a bowl and mix well. Add seasoning to your taste.
4. Remove from the oven or microwave and cut in half.
5. Place the tuna mix on top and sprinkle over fresh herbs and nutritional yeast if using and serve with the green salad leaves dressed with lemon juice or apple cider vinegar.







# SALMON AND WATERCRESS SAUCE



## INGREDIENTS



- 30 ml of water
- 2 salmon fillets
- 2 shallots or small onions – sliced in rings
- 160 g fresh watercress – chop half of this roughly including stalks
- 200 ml chicken / vegetable stock
- 1 tbsp low fat quark or low / 0% fat yoghurt
- vegetables e.g. broccoli, carrots, sugar snap peas – steamed
- rice or baked potato

## METHOD



1. Heat the water in a pan and add the chopped shallot and cook gently until soft.
2. Add half of the watercress and cook for about 2 minutes.
3. Add the stock (reserving 30 ml for salmon) and then cook gently for about 1 minute. Remove from heat.
4. Add the quark or yoghurt and blend until smooth.
5. Oven bake the salmon (on a lined baking tray at 180°C, drizzled with a little vegetable stock, a squeeze of lemon and seasoning – for about 20 minutes – depending on size of fillet).
6. Serve the salmon with the sauce poured over. Place the remaining watercress on the side and add plenty of steamed vegetables, rice or baked potato.
7. Serves 2 – keep the remaining portion for a meal within the next 2 days. Great as a packed lunch option. Serve with salad.
8. Sauce amount is generous so you can keep it in the fridge for the following day once it has cooled.



## RED PEPPER DIP

### INGREDIENTS



- ½ can of chickpeas – drain & rinse
- 2 red pepper – cooked. Prepare your own or use peppers in jars of brine
- 2 cloves of garlic – crushed
- 2 tbsp of freshly squeezed lemon juice
- 2 tbsp thick low-fat quark or yoghurt
- good pinch of salt and freshly ground black pepper.

### METHOD



1. Blend everything in a food processor or Nutribullet until smooth.
2. Add more lemon juice, salt and pepper according to your taste.
3. Serve spread on bread/toast with lettuce, tomato and cucumber or simply as a dip with raw vegetables.
4. This can be made in advance and stored covered in the fridge for 3 days. Great to use as part of a packed lunch or as a snack (2 tablespoons with some raw vegetables to dip in or spread on lettuce leaves).
5. Cook some peppers by simply slicing thinly and cooking in a pan with a little vegetable stock until softened. Add more stock as required to prevent peppers from burning.



## RAW CARROT AND CUCUMBER SALAD WITH ASIAN DRESSING

### INGREDIENTS



- 1 carrot – sliced thinly with vegetable peeler
- ½ cucumber – sliced thinly
- ½ fresh red chilli – finely diced
- fresh chives
- salt and pepper

### Dressing:

- 4 tbsp miso paste
- 2 tbsp clear honey
- 2 tbsp dijon mustard
- 4 tbsp white wine vinegar
- thumb sized knob of fresh ginger – finely grated (adjust amount to your taste)

### METHOD



1. Mix all salad ingredients together and place in a bowl.
2. Whisk all dressing ingredients together. Taste and adjust ingredients to suit your taste.
3. Pour some of the dressing over salad just before serving and mix well.
4. Keep remaining dressing covered in glass jar in fridge for a few days.
5. Drizzle over meat, fish, chicken, salads and vegetables.
6. Makes about 200ml of dressing





## RAINBOW VEGGIE PASTA

### INGREDIENTS



- ½ tin of tomatoes
- 1 onion – finely sliced
- salt and pepper
- 75 g pasta
- steamed broccoli and carrots
- sprinkle of nutritional yeast (optional)
- fresh basil – finely chopped

### METHOD



1. Heat 2 tablespoons of vegetable stock in a frying pan
2. Add the sliced onion and sauté until softened.
3. Add the tomatoes & seasoning – simmer for 20 minutes.  
Blend if smooth sauce required.
4. Meanwhile cook the pasta & vegetables.
5. To serve pour sauce over pasta & Vegetables.
6. Sprinkle over nutritional yeast & fresh chopped basil.



## PROTEIN SALAD YOUR WAY

### INGREDIENTS



- large plate of salad leaves
- 6 cherry tomatoes  
– halved – reserve any juices  
for salad dressing
- ¼ cucumber – thinly sliced
- 1 red onion – thinly sliced
- 1 tsp dried oregano
- zest and juice of 1 lime
- cooked prawns or chicken

### Optional spice bomb

simply dry fry (no oil) the following ingredients for 1 minute to release aroma and then crush in pestle and mortar or in mini spice food processor

- 2 heaped tsp of cumin,  
coriander and mustard seeds
- 1 tsp chilli flakes

### METHOD



1. Place salad leaves on a plate and top with the rest of the ingredients.
2. Scatter crushed spices on top.
3. Add some protein: e.g., cooked prawns, chicken, white crab meat, octopus.
4. Just before serving your protein salad drizzle with lime zest and juice, plus any tomato juice, dried oregano and season with salt and pepper.





# GREEN PEA RISOTTO

## INGREDIENTS



- 1 medium onion – finely chopped
- 3 cloves of garlic – crushed
- 400 g risotto rice
- 750 - 1 litre of vegetable stock
- 150 ml white wine (optional)
- 300 g frozen peas – defrosted  
(you can use edamame beans too)
- 1 tbsp of nutritional yeast
- 200 g fresh watercress
- large handful fresh mint leaves
- zest and juice of 1 large lemon
- microgreens or cress for garnish

## METHOD



1. Blend peas, watercress, mint leaves, lemon juice until smooth. You can leave some peas whole.
2. Heat a little stock in a saucepan and add the onions – cook until softened. Add the garlic and cook for 1 minute.
3. Add the rice and stir well for 1 - 2 minutes.
4. Increase the heat and add the wine (if using) – cook for about 2 minutes .
5. Start adding the stock a ladle at a time, until the liquid is absorbed and then add another ladleful until that is absorbed and so on until most of the stock is absorbed and the rice is cooked through giving a creamy mixture. Add a small handful of peas a few minutes before the end if using some whole.
6. Stir through the blended pea mixture and nutritional yeast. Cook for a minute or two.  
Taste and add seasoning if required. Serve with lemon zest, cress or microgreens on top. (Serves 2 - 3).  
Makes a creamy side dish for meat, fish or chicken.



## PRAWN AND MANGO SALAD

### INGREDIENTS



- 8 large fresh prawns
- 2 garlic cloves – crushed
- ½ mango
- 1 large tomato – finely diced, reserve juice
- ½ red onion – finely diced
- fresh herbs e.g. coriander, parsley or mint – finely chopped
- salt and pepper
- salad leaves
- 1 tbsp lemon juice or apple cider vinegar

### METHOD



1. Place prawns in a bowl (non-metallic) add the garlic (option to add chilli flakes).
2. Pour a little tomato juice from chopping the tomatoes over the prawns and marinade in fridge for 30 mins.
3. If using skewers to cook under grill or on barbecue – soak wooden ones in water for 30 minutes to prevent them from burning.
4. Mix tomatoes, remaining juice, herbs, onion, mango and tomato in a small bowl. Add seasoning to taste.
5. Cook the prawns until opaque and then serve on a bed of salad leaves with the mango salsa.
6. Goes well with rice or baked potato. Options: add fresh herbs to these.



## PAN COOKED SEA BASS

### INGREDIENTS



- 2 small sea bass fillets
- 1 stalk lemongrass – cut in half
- ½ red pepper – sliced
- ½ orange peppers -sliced
- 50-100 ml of vegetable stock
- fresh lemon juice
- lemon zest
- 2 cloves garlic – sliced
- 1 spring onion – sliced
- rice – boiled
- additional steamed vegetables if required or a side salad

### METHOD



1. Put about 30 ml of vegetable stock in a small frying pan and heat.
2. Add the sliced peppers, lemongrass stalk. Cook stirring until peppers are softened. Keep warm.
3. In another non-stick pan add a little stock and heat. Add the garlic slices and cook so they brown a little as the liquid evaporates. Add a little more stock.
4. Add the fish fillets skin side down and cook and then turn over or cover and cook until fish is cooked through.
5. Serve on a portion of rice, with the peppers and any additional steamed vegetables. Season with sea salt and freshly ground black pepper. Squeeze some lemon juice over the top and scatter the zest & spring onions on top of the fish.







## MINCED CHICKEN KEBABS

### INGREDIENTS



- 500g of chicken mince
- zest from 1 lime or lemon
- 2 - 4 cloves of garlic – crushed
- 1 tsp ground cumin
- 1 tsp ground chilli powder
- 1 onion – very finely diced
- salt and pepper
- 1 tsp fresh ginger – finely grated
- 2 long skewers – if wooden soak in cold water for 30 minutes before using.  
Or you can use woody rosemary stalks
- 50 - 100 ml vegetable stock

### METHOD



1. Put the lime juice, spices, seasoning, ginger and onion in a bowl and mix.
2. Add the chicken mince and mix together.
3. Squish the mixture with your hand to make it hold together well.
4. Cover bowl and place in fridge for 30 mins.
5. Assemble on to the skewers, in sausage like shapes.
6. Brush prepared kebabs with vegetable stock.
7. Cook under a grill or on a barbecue turning regularly, basting with remaining stock.
8. Cook until chicken is cooked through.
9. Serve with rice/potato, salad or vegetables.
10. Makes about 8 small kebabs or 4 larger ones. Great to cook and then refrigerate (once cold) and use for packed lunches or snacks.
11. Experiment with herb & spice combinations that you like.



## CHILLI CHICKEN BREAST



### INGREDIENTS



- Spicy mix:** (made of 1 tsp brown sugar, ½ tsp paprika, ½ dried parsley, pinch of salt, ½ tsp onion powder, ½ chilli powder and ½ tsp black pepper)
- 1 clove of garlic – crushed
  - 1 chicken breast – if skin on remove after cooking
  - 2 tbsp / 30 ml of chicken / vegetable stock

### METHOD



1. Preheat oven to 200°
2. Cut breast into half so it is 2cm thick (use a rolling pin to bash thinner if required).
3. Line a baking tray with baking paper & place chicken on paper. Rub spicy mix all over. Drizzle stock around & over chicken. Bake for about 16 minutes and grill to brown for last 2 minutes (if necessary). Rest for 5 - 10 minutes before serving with steamed vegetables / salad and potatoes or rice.

## BEAN SALAD



### INGREDIENTS



- can of cannellini beans – drained and rinsed
- 2 tsp of capers
- freshly ground black pepper
- 15 - 30ml lemon juice or apple cider vinegar
- red chilli – finely chopped

### METHOD



1. Simply combine all the ingredients and mix well. Add fresh herbs like dill, mint, basil or coriander if you like.
2. Makes a delicious side dish and is perfect for lunch boxes.
3. 1 tin of Cannellini Beans makes sides for 2 - 3. Make and store in fridge until use – will last 2 - 3 days



## STUFFED AUBERGINE

### INGREDIENTS



#### For 4 servings:

- 2 aubergines
- 2 tomatoes
- 1 red pepper
- 1 onion
- 2 cloves of garlic
- 1 tbsp of vegetable stock
- seasoning to taste

### METHOD



1. Wash the aubergines and cut them in half lengthways.
2. Scoop out the aubergine flesh with a spoon and microwave the rest of the aubergine for 7 minutes to cook the skin.
3. Cut the vegetables and the aubergine flesh into sticks.
4. In a frying pan, fry the aubergine, onion and pepper in one tablespoon of stock. Once golden, add the garlic and tomato.
5. When the vegetables are cooked, fill the aubergines.
6. Before serving, add seasoning to taste to the top.

## CHICKEN AND VEGETABLE CROQUETTES

### INGREDIENTS



#### For 4 servings:

- 200 g chicken meat
- 100 g green beans
- 1 leek
- 1 carrot
- 1 glass of milk
- wholegrain flour
- 1 egg
- breadcrumbs
- seasoning to taste

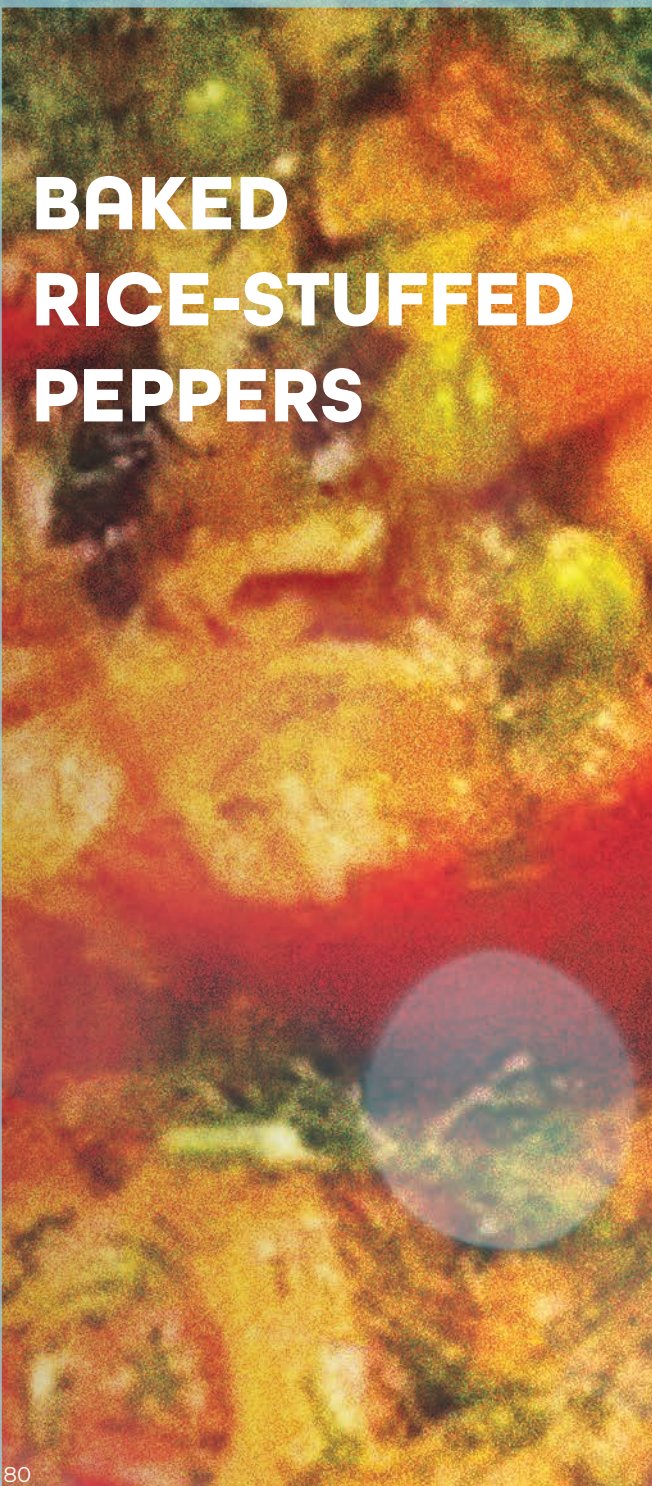
### METHOD



1. Preheat the oven.
2. Boil the chicken and the vegetables for 20 minutes.
3. Blend the mixture.
4. Using two spoons, take a bit of dough and dip it in the wholegrain flour, egg and then the breadcrumbs. You can use your hands instead of spoons.
5. Place the formed croquettes on a baking tray lined with greaseproof paper.
6. Bake for 20 minutes at 200°C.







## BAKED RICE-STUFFED PEPPERS



### INGREDIENTS



#### For 1 serving:

- 2 peppers – cut the tops off and remove seeds to create 2 cups. Cut bottoms, without making a hole in pepper cup, so they can stand up in a baking dish.
- 1 celery sticks – finely diced
- 1 onion – finely diced
- 1 small carrot – finely diced
- ½ apple – remove core and dice finely
- 200 ml of vegetable stock
- 30g cooked rice
- fresh thyme leaves
- sea salt & freshly ground black pepper

#### Sauce:

- 1 onion – diced finely
- 2 garlic cloves – crushed
- ½ tin tomatoes or 1 large tomato
- 50g low fat quark
- salt and pepper

### METHOD



1. Add about 30 ml of vegetable stock to a frying pan and heat – add the onion, celery and carrot and cook until softened. Add more stock as required to prevent it from burning, but let it reduce before adding so you can get some colour to the vegetables.
2. Add the cooked rice, apple and the thyme leaves. Add some salt and pepper. Stir well and simmer for 5 minutes.
3. To make the sauce, take a small frying pan & add a little stock and cook the onion for the sauce until it softens, then add the garlic. Cook for 2 more minutes.
4. Add the tomatoes and cook for about 10 minutes. Stir regularly.
5. Whisk in 100 ml of stock and the quark mixing well. Taste and add seasoning as required.
6. Preheat oven to 200°C.
7. Place the pepper cups in a small glass oven-proof dish and fill with the cooked rice mixture. Pour the sauce around the base of the stuffed peppers and drizzle a little over the top.
8. Bake covered with lid or foil for about 25 minutes then remove the cover for cook for an additional 5 - 10 minutes.
9. Serve with leafy green salad and fresh herbs.



## BROCCOLI PIZZA BASE

### INGREDIENTS



#### For 4 servings:

- 1 broccoli
- 1 egg
- seasoning to taste (basil and oregano)

### METHOD



1. Preheat the oven to 180°C.
2. Wash and chop the broccoli into small pieces so that it resembles crumbs.
3. Place the crumbled broccoli, the egg and seasoning to taste in a bowl and mix well until it forms a fairly dense dough.
4. Place a piece of greaseproof paper on the baking tray and put the dough on it in whatever shape you wish. The thinner it is, the crispier it will be.
5. Put the dough in the oven at 180°C for 10 minutes.
6. Take it out the oven and prepare your pizza however you like.



## GAZPACHO

### INGREDIENTS



#### For 4 servings:

- 1 kg of ripe tomatoes
- ½ a cucumber
- ½ a red pepper
- ½ a green pepper
- ½ an onion
- 1 garlic
- 150 ml water

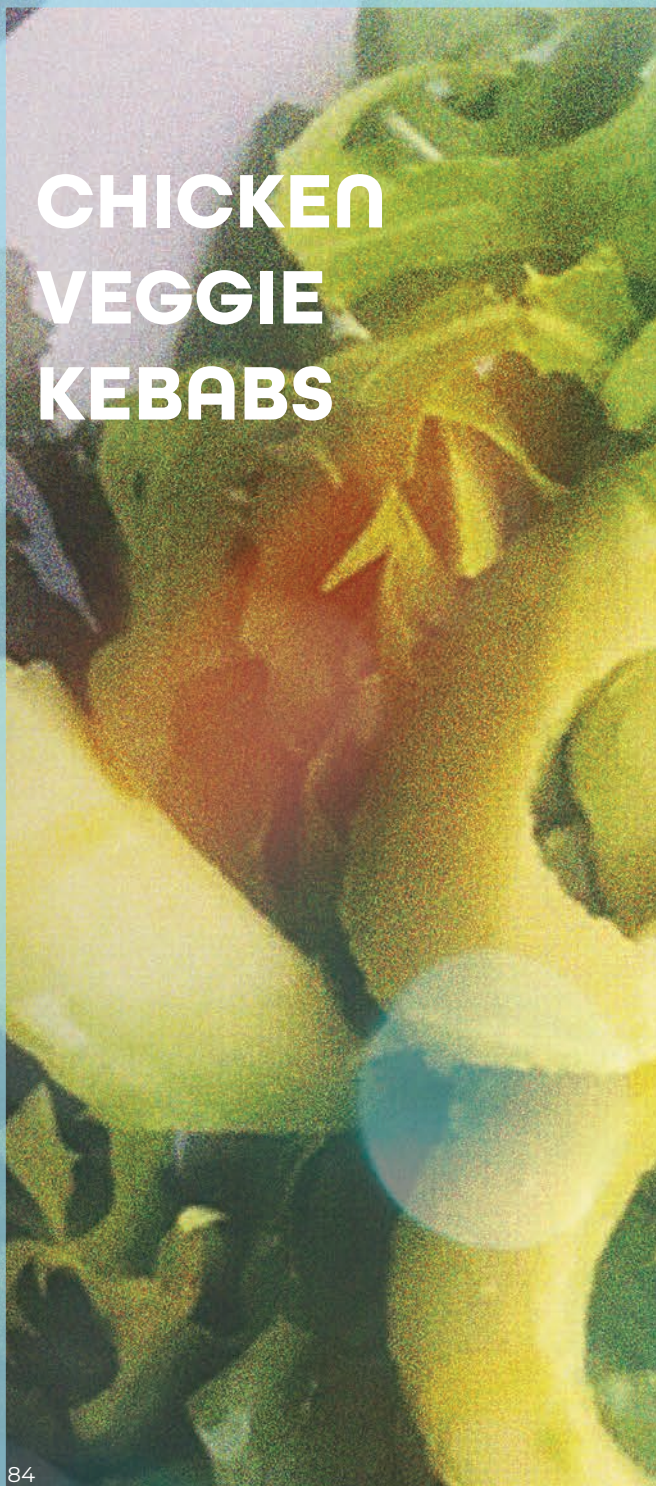
### METHOD



1. Remove the stalks from the tomatoes.
2. Chop all the vegetables.
3. Combine all of the ingredients and blend until smooth. If you want to get rid of any lumps, pass the mixture through a sieve.
4. Leave it to rest in the fridge for at least 2 hours and serve chilled.







## CHICKEN VEGGIE KEBABS



### INGREDIENTS



#### For 2 servings:

- 2 chicken breasts – cut into thin strips
- 2 courgettes – cut into 1cm rings
- 1 large red onion – cut into 2cm sections
- 1 red pepper – cut into large chunks  
(about 2cm x 2cm)

### METHOD



1. Make the marinade by mixing all the ingredients in a bowl.
2. Add the prepared chicken and vegetables. Season. Cover and leave in the fridge for at least 30 mins.  
You can prepare in the morning or the night before.
3. Thread the ingredients on skewers. If using wooden ones, make sure to soak them in water for 30 minutes to help prevent burning.
4. Cook on a griddle plate. Brush with a little vegetable stock. Turn regularly to ensure cooked evenly.  
You can cover at times with a saucepan lid to assist with cooking. If you don't have skewers simply cook as you would a stir fry.
5. Check chicken is cooked through and not pink and then serve with mounds of steamed vegetables, or a large salad and some rice or potatoes.

The extra portion can be cooled and the stored in fridge and eaten cold with vegetables or salad.  
Ideal for a packed lunch.

#### Marinade:

- 1 tbsp soy sauce
- ½ tbsp honey
- chunk of fresh grated ginger
- 2 cloves of crushed garlic



# BREADED CHICKEN WITH HEALTHY CHIPS

## INGREDIENTS



### For 1 person:

- 2 chicken breast fillets
- 2 tbsp of breadcrumbs
- ½ an egg
- 1 medium potato

## METHOD



1. Coat the chicken in the egg and then dip them in the breadcrumbs.
2. In a non-stick frying pan, fry the breaded chicken as though using a griddle. To ensure the chicken cooks through, cover the frying pan.
3. To prepare the chips: Peel the potato, slice thinly and grill until golden. Tip: you can also cook them in the oven. Serve the breaded chicken with some vegetables.



# SPINACH CANNELLONI

## INGREDIENTS



### For 1 serving:

- 3 cannelloni
- 100 g fresh spinach
- 1 red onion
- 1 garlic
- 1 small handful of raisins (20 g)
- bechamel sauce (see recipe)
- 1 tbsp of vegetable stock (as a substitute for oil)

## METHOD



1. In a frying pan, brown the onion and garlic with the stock.
2. Once brown, add the spinach and fry for 5 minutes.
3. Add the raisins and stir.
4. Leave the filling to cool.
5. Cook the cannelloni as shown on the packet. Tip: It is best to use pre-cooked cannelloni as they then only need to be soaked for 10 minutes.
6. Once the cannelloni are cooked, fill with the spinach and press firmly so that they remain filled. Place them on a baking tray.
7. Cover with the bechamel sauce and cook in the oven for 20 minutes at 180°C.





## KALE CHIPS

### INGREDIENTS



#### For 4 servings:

- 1 kale
- 1 tsp of garlic powder
- 1 tsp of curry powder

### METHOD



1. Preheat the oven to 180°C.
2. Tear the leaves into 5-cm pieces and remove the stalk.
3. Mix the leaves and spices in a bowl.
4. Spread the leaves out on a piece of baking paper.
5. Bake for 5 - 10 minutes at 180°C, making sure they don't brown too much.

## COD WITH VEGETABLES EN PAPILLOTE

### INGREDIENTS



#### For 4 servings:

- 4 cod fillets
- 2 carrots
- 1 courgette
- 100 g flat green beans
- garlic powder
- seasoning to taste
- 1 tbsp of olive oil

### METHOD



1. Preheat the oven to 180°C.
2. Peel the carrots and the courgette and chop them into very thin, short sticks.
3. Trim the ends off the beans and chop them to the same size as the other vegetables.
4. Put all of the vegetables in a bowl, add the garlic powder and season to taste.
5. Form a pouch (papillote) out of foil or greaseproof paper.
6. Put the vegetables in the papillote, then add the fish, baste the fish with a brush (dipped in olive oil), season to taste, close the pouch and bake in the oven for 15 minutes.
7. Remove from the pouch and serve







## INGREDIENTS



- 50g of cooked chicken cut up into very small pieces
- 4 mushrooms – sliced
- 50ml vegetable stock
- 2 cloves garlic – crushed
- 2 tbsp tomato purée
- 1 tomato – thinly sliced
- 1 tsp nutritional yeast
- 1 wrap
- fresh leaves or pea shoots for garnish
- salt and pepper
- side salad of your choice

### Want some spice?

Add a few chilli flakes or finely diced chopped chillies at step 5.

## METHOD



1. Put about 30 ml of vegetable stock in a small frying pan and heat.
2. Add the mushroom and cook through. Adding the garlic after 1 minute. Once cooked. Drain and reserve.
3. Lay the wrap flat on a baking paper lined baking
4. Spread over the tomato purée and the tomato slices.
5. Sprinkle over the cooked chicken and add the mushrooms, garlic and nutritional yeast.
6. Pop under a hot grill for a few minutes. Watch very carefully so the wrap doesn't burn.
7. Garnish with fresh leaves or pea shoots and serve with a large plate of salad.



# CALAMARI AND GRILLED VEGETABLES WITH PEA PURÉE



## INGREDIENTS



### For 4 servings:

- 4 squid, washed
- 1 onion
- 1 punnet of cherry tomatoes
- 1 clove of garlic
- 1 tbsp of olive oil
- seasoning to taste

### For pea puree:

- 1 bag of frozen peas
- 1 onion
- 200 ml vegetable stock
- seasoning to taste  
(cumin is a good option)

## METHOD



1. To make the purée, peel and finely chop the onion. Sauté it in a frying pan until it turns translucent. Add the peas, fry for a few minutes and add the vegetable stock. Cook for 15 minutes and then blend. Add seasoning to taste.
2. Take the squid and make slices on top without cutting all the way through. Then, cover and cook it for 15 minutes on a low heat.
3. Cut the onion into four and the cherry tomatoes in half. Brown it in a frying pan with the garlic.
4. Serve the squid with the fried vegetables and the pea purée.

# COURGETTE WITH BOLOGNESE SAUCE



## INGREDIENTS



### For 1 serving:

- One medium courgette.
- Bolognese sauce (see recipe)

## METHOD



1. Using a mandolin or a vegetable spiraliser, spiralise the courgette.
2. Fry the spiralised courgette for 2 minutes.
3. Cover with Bolognese sauce.



# LENTIL STEW WITH VEGETABLES

## INGREDIENTS



### For 4 servings:

- 300 g lentils
- 1 onion
- 1 courgette
- 2 carrots
- 1 tomato
- 2 bay leaves
- 2 cloves of garlic
- 1 dessert spoon of hot paprika
- 2 tbsp of vegetable stock (as a substitute for oil)

## METHOD



1. Chop the onion and garlic.
2. In a pot, heat the vegetable stock and lightly fry the onion and garlic until they turn translucent.
3. Then add the diced carrot and courgette.
4. Once the vegetables are golden, cut the tomato into four and add to the pot.
5. Add the lentils, bay leaves and paprika and add water to cover all of the ingredients, plus another 2 - 3 cm.
6. Cook for about 45 minutes. Turn up the heat until the water starts to boil, then reduce the heat and leave to simmer. Keep the lid on the pot. Stir the lentils now and again. Add more water if needed.
7. Serve and enjoy.

# SPANISH OMELETTE

## INGREDIENTS



### For 4 serving:

- 500 g potatoes
- 1 onion
- 4 eggs
- 1 tsp of olive oil
- 1 clove of garlic
- salt according to taste (garlic powder can be used instead of salt)

## METHOD



1. Peel and chop the potatoes.
2. Put the potatoes in a microwave-safe container and cook for 10 minutes.
3. Peel a clove of garlic.
4. Once the potatoes are cooked, begin preparing the omelette.
5. Beat the eggs well.
6. Add a teaspoon of olive oil to a non-stick pan and fry the whole garlic clove according to taste.
7. Remove the garlic and add the cooked potatoes. Fry them lightly to give them flavour (2 minutes).
8. Then add the beaten eggs and wait for them to set. When the omelette is half cooked, flip it over with the help of a plate.



# DESSERT RECIPES



## DESSERT RECIPES

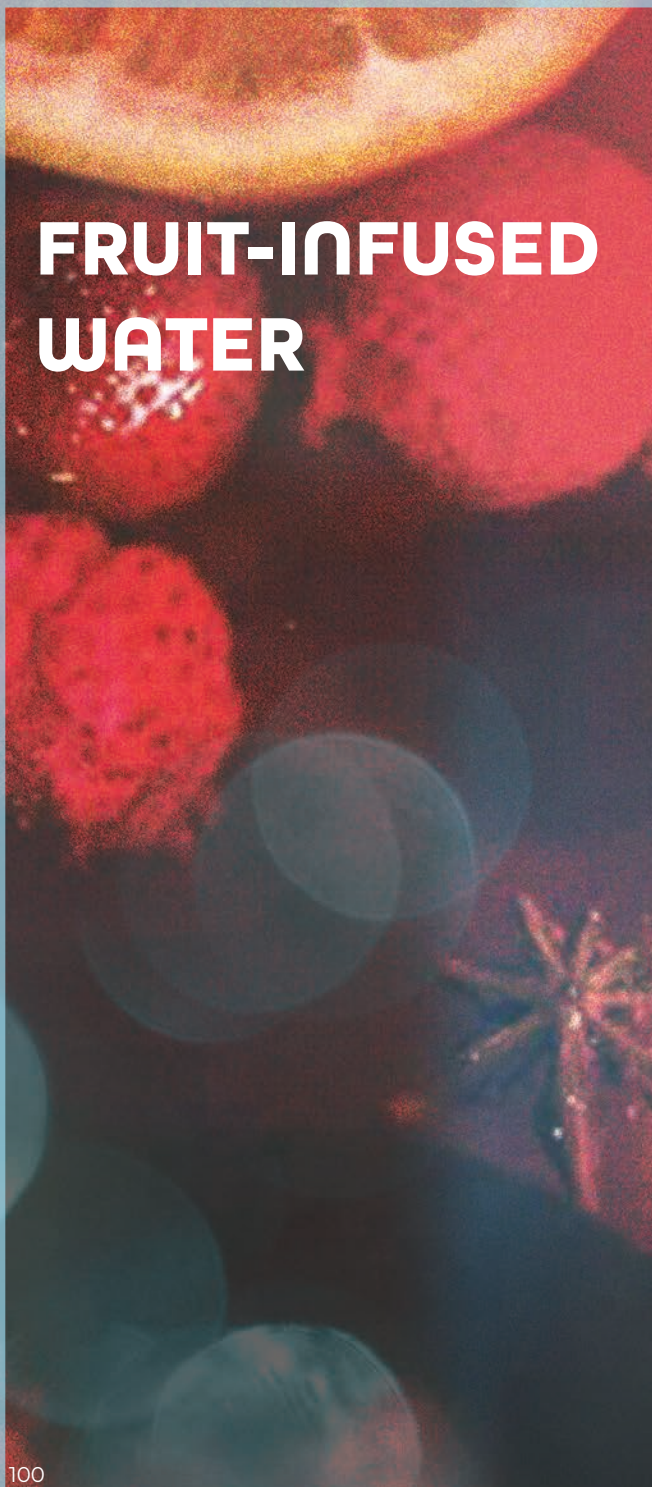
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## FRUIT-INFUSED WATER

### INGREDIENTS

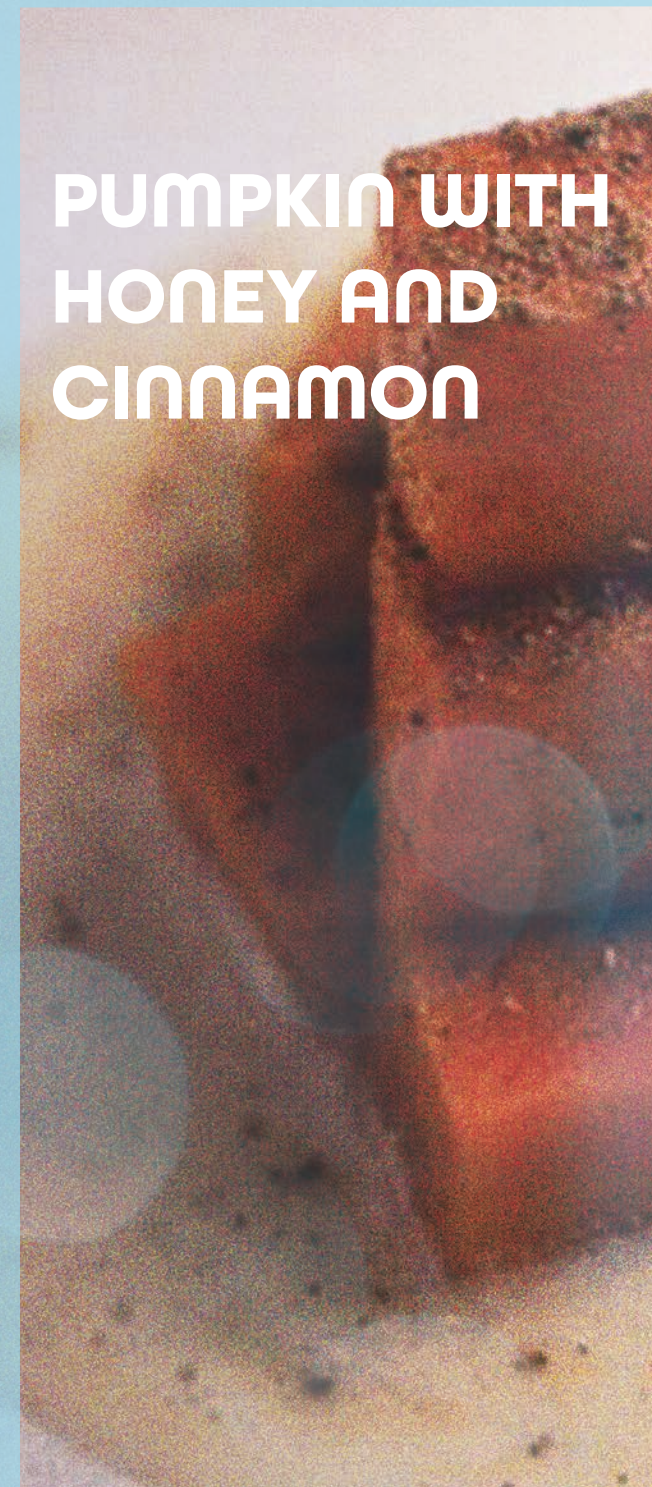


- 1 cup of strawberries
- 1 lemon
- 1 cup of frozen blackcurrants
- 1 - 2 sprigs of mint
- cold filtered water

### METHOD



1. Place the fruits of the forest, mint and sliced lemon in a jug and cover with water. Place jug in refrigerator and leave to infuse for at least 1 hour, or ideally, overnight. Strain before serving.



## PUMPKIN WITH HONEY AND CINNAMON

### INGREDIENTS



- 150 g of pumpkin
- 30 g of honey
- 4 g of cinnamon
- 30 g of sugar

### Sauce:

- 20 g of 10% soured cream
- 20 g of honey

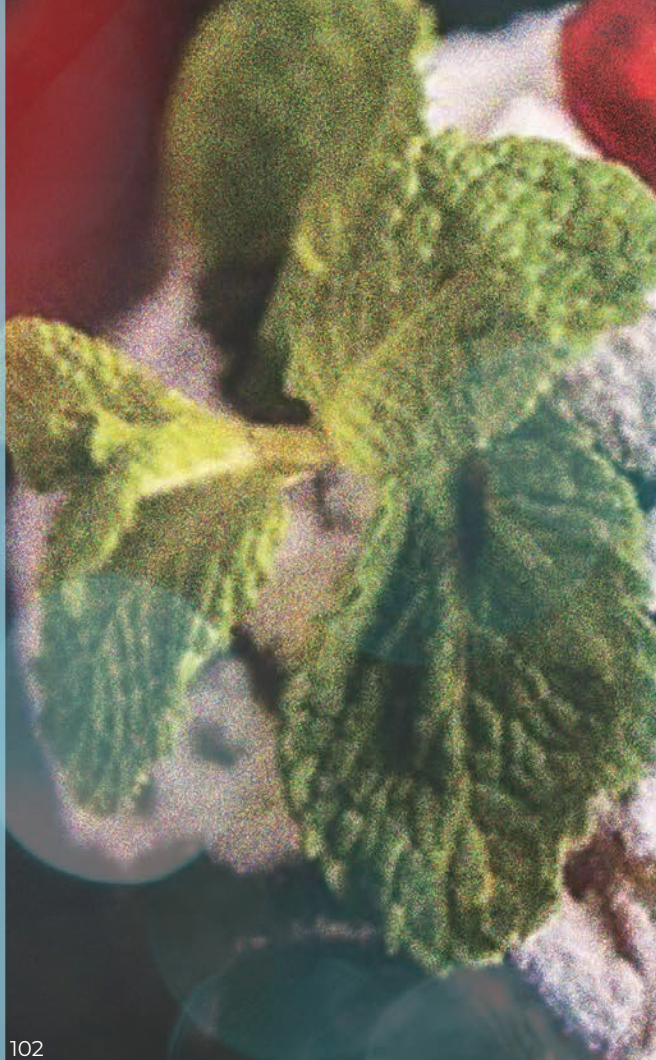
### METHOD



1. Peel the pumpkin and cut into cubes. Mix with honey, sugar and cinnamon. Place the pumpkin on a baking tray and bake at 180°C for 30 minutes.
2. Mix the soured cream with honey.
3. Place the pumpkin on a plate and serve with the sauce.



# STEWED APPLE WITH CINNAMON



## INGREDIENTS



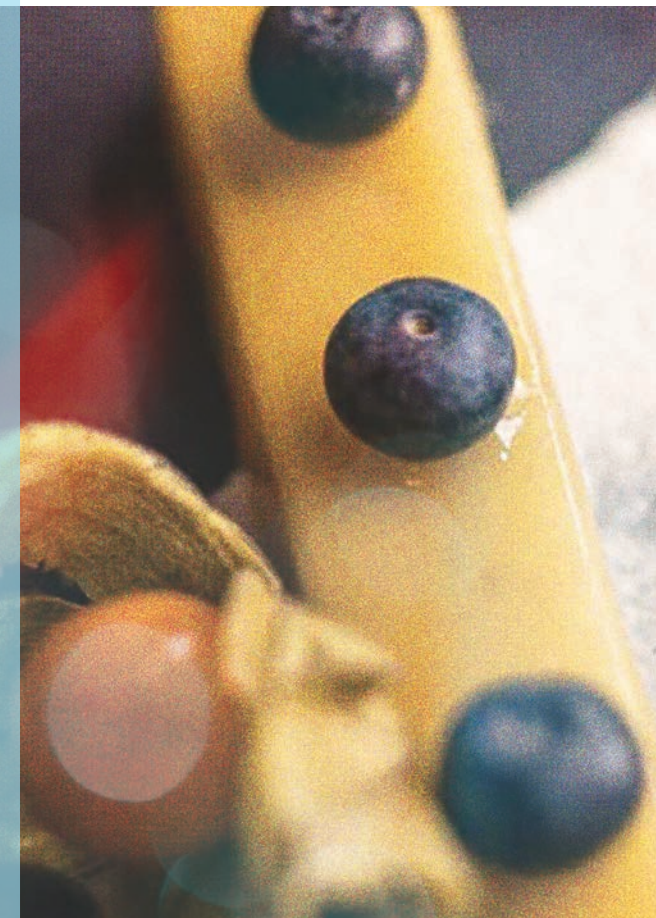
- 1 apple
- 10 g of raisins
- 10 g of honey
- 10 g of nuts
- 10 g of sugar
- 2 g of cinnamon
- 8 g of icing sugar
- 1 g of mint

## METHOD



1. Core the apple, and soak the raisins in hot water until they swell in size. Discard the water, add honey, dried fruit, sugar and cinnamon and mix everything together. Fill apple with mixture.
2. Put apple in preheated oven to bake for 30 minutes. Garnish with icing sugar and mint, and serve.

# PEACH COMPOTE



## INGREDIENTS



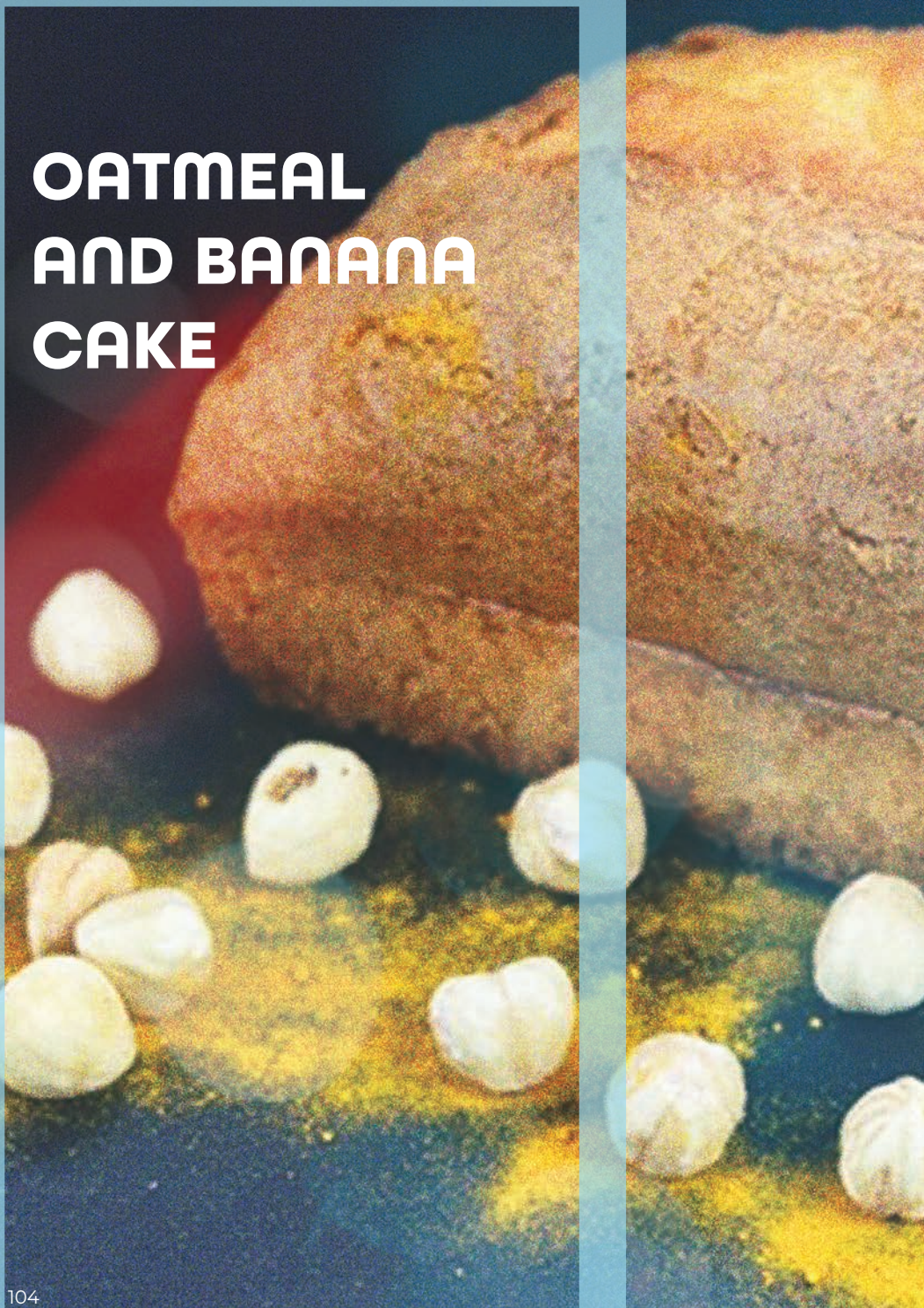
- 250 g of peach puree (fresh or tinned peaches)
- 50 g of sugar
- 6 - 8 g of gelatine

## METHOD



1. Cover the gelatine in cold water.
2. Place the chopped peaches (fresh or tinned) in a bowl and beat with blender until puréed. Add sugar if needed. Place some of the peach puree (100 g) in a small saucepan, heat for a little and leave to stand for half an hour.
3. Heat the puree up again to 40°C. Add a steady stream of sugar while continually stirring. Bring the puree to a boil and remove from heat.
4. Squeeze the water out of the gelatine and mix well. Add the remaining peach puree (150 g) and once again mix well until even. Pour the peach puree into a silicone mould. Chill in the refrigerator until firm.





## OATMEAL AND BANANA CAKE

### INGREDIENTS



#### Serving of 1 - 2 Madeline

- 120 g oat flakes
- 1 large, ripe banana
- 4 eggs
- 1 handful of nuts and raisins
- cinnamon

### METHOD



1. Preheat the oven.
2. Whisk and mix the oat flakes, banana, eggs and cinnamon.
3. Pour the mixture into a medium tin.
4. Decorate with the handful of nuts and raisins.
5. Bake for 25 - 30 minutes at 180°C.
6. Leave to cool, remove from the tin and keep covered with a clean cloth (it should keep for 3 days).

## MERINGUE ROULADE WITH RASPBERRIES



### INGREDIENTS



- 5 eggs (only egg whites)
- 200 g of sugar
- 2 g of salt
- 200 g of raspberries
- 50 g of strawberries

#### Cream:

- 100 g of egg whites
- 200 g of sugar
- 50 g of water
- 1 g of salt

### METHOD



1. Preheat oven to 170°C. Beat the egg whites with salt and sugar until stiff peaks form. Pour the resulting mixture into a baking tray lined with parchment paper. Bake for 15-25 minutes.
2. Mix the sugar with water and bring to boil. Cook for 5 minutes until thickened. Beat the egg whites with salt until firm peaks form and slowly pour in the sugar syrup. Continue beating until the mixture doubles in size.
3. Spread the cooled meringue roulade with cream and lay the raspberries evenly. Roll it up. Garnish with strawberries.



## PUMPKIN MUFFINS

### INGREDIENTS



- 400 g of pumpkin
- 100 g of brown sugar
- 1 egg yolk and 2 egg whites
- 200 g of flour
- 5 g of vanilla sugar
- 4 g of ground cinnamon
- 50 ml of vegetable oil
- 10 g of baking powder
- 2 g of lemon peel

### METHOD



1. Peel the pumpkin, remove the seeds and cut into pieces. Cook in a saucepan with a small amount of water (until soft). Drain.
2. Beat the pumpkin with a blender until even.
3. Mix the dry ingredients in a separate mixing bowl (sugar, baking powder and flour). Add the cinnamon and lemon peel for flavour.
4. Pour the vegetable oil into the cooled pumpkin puree. Add the eggs. Beat all ingredients together. Combine with the flour and sugar mixture, and knead until soft.
5. Pour the mixture into baking dishes. Bake in a preheated oven at 160-170°C for 30-40 minutes.

## CREAM CHEESE SOUFFLE WITH SEASONAL FRUITS OF THE FOREST

### INGREDIENTS



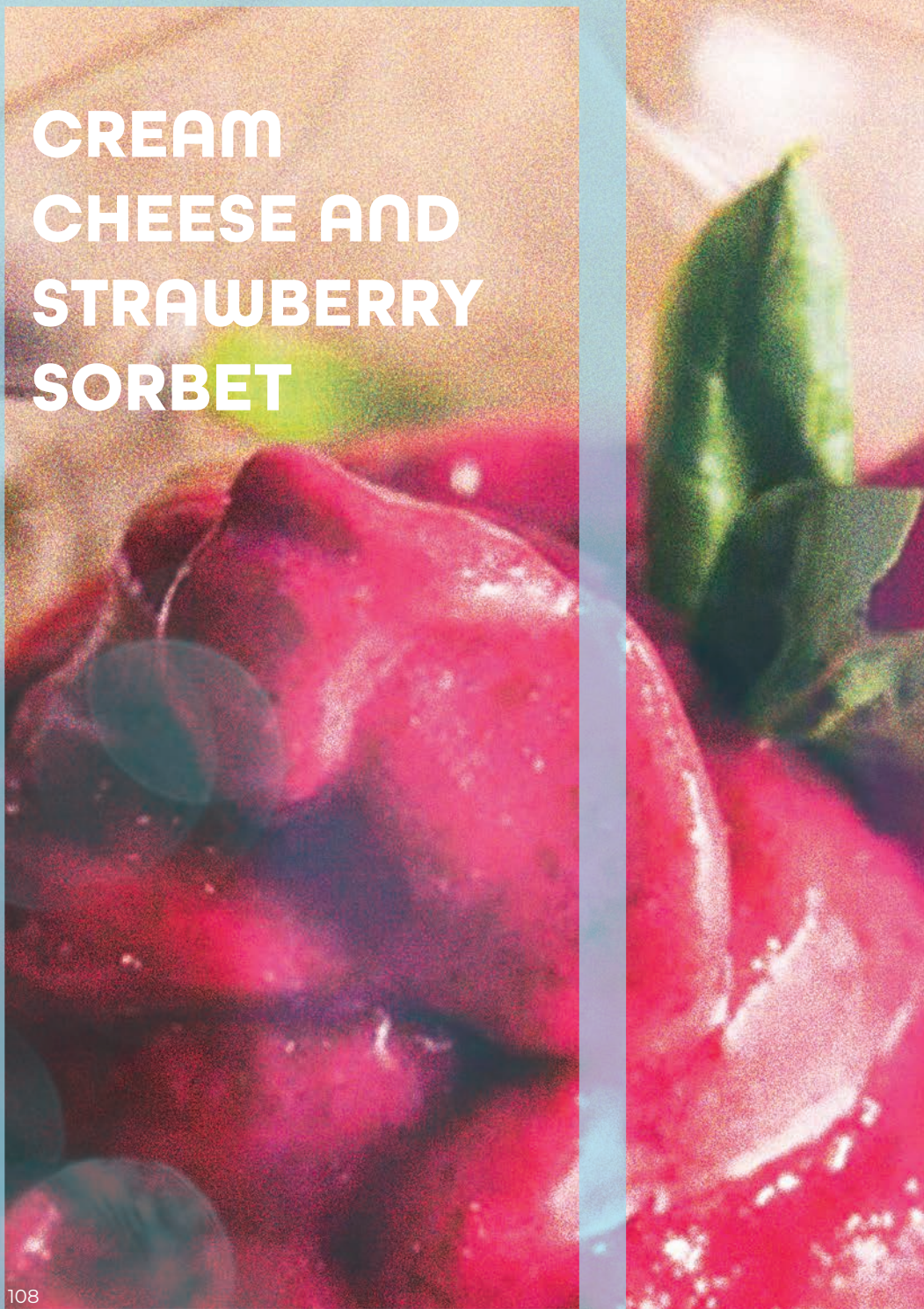
- 2 egg whites
- 100 g of sugar
- 1 g of salt
- 200 g of 2.5% fat cream cheese
- 50 g of fruits of the forest

### METHOD



1. Add a pinch of salt to the egg whites, and beat until firm peaks form while slowly adding sugar. Strain the cream cheese through a colander and add fruits of the forest. Combine the resulting mixture with the beaten egg whites and fold in gently.
2. Place the mixture in an oiled baking dish. Bake in a preheated oven at 180°C for 20 minutes. Serve with fruits of the forest.





## CREAM CHEESE AND STRAWBERRY SORBET

### INGREDIENTS

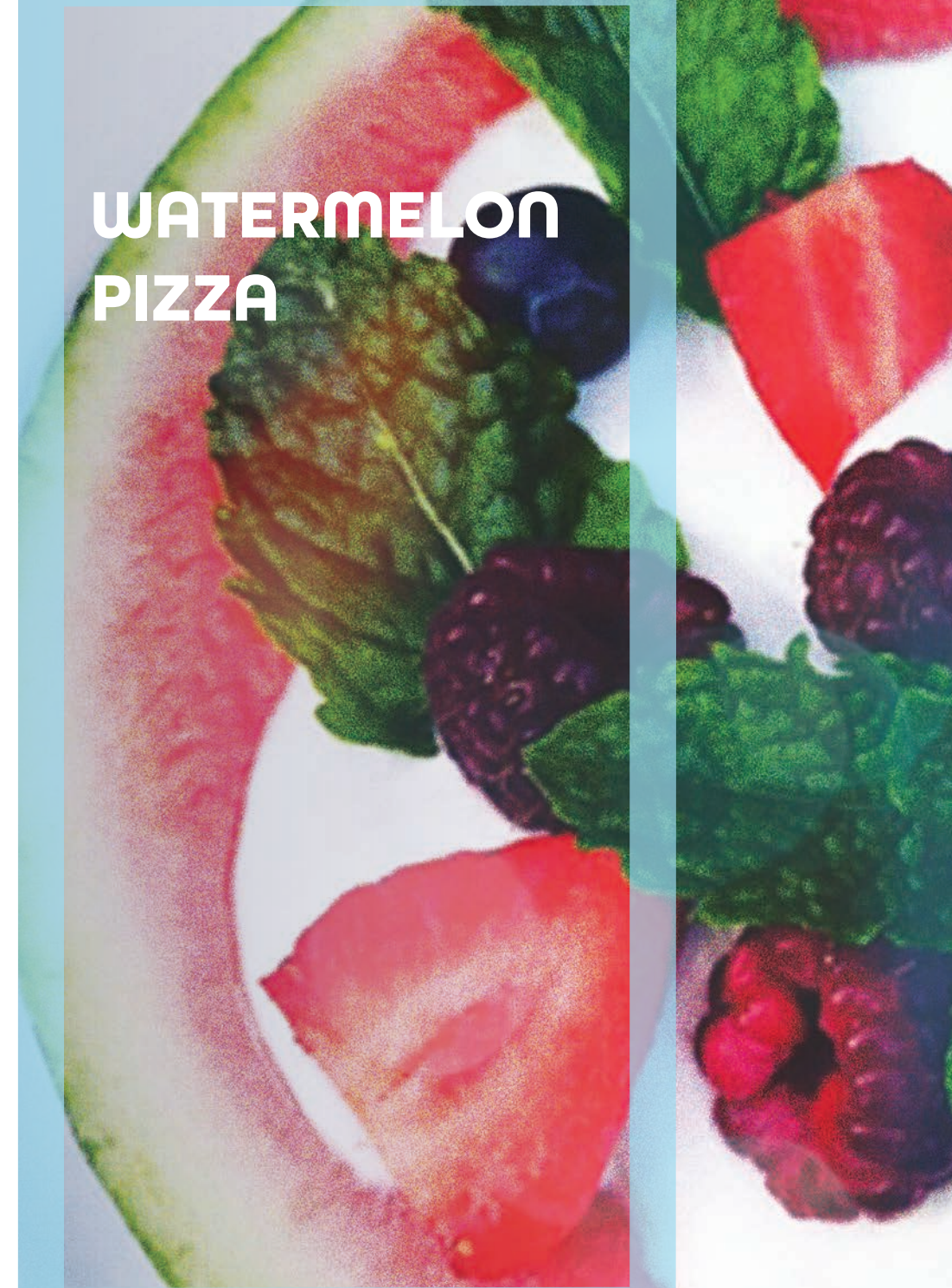


- 100 g of frozen fresh strawberries
- 50 g of 5% fat cream cheese
- 20 g of sugar syrup

### METHOD



1. Place all ingredients in a blender glass and mix until even. Forest fruits must be frozen fresh.
2. Pour the mixture into an ice-cream glass and serve with a sprig of mint and strawberries.



## WATERMELON PIZZA

### INGREDIENTS



#### For 1 serving:

- 1 slice of watermelon
- handful of fresh berries
- 0% fat yoghurt
- fresh mint leaves

### METHOD



1. Spread a few tablespoons of 0% fat yoghurt over the watermelon slice.
2. Add sliced berries on top.
3. Scatter with fresh mint.



# WATERMELON SPLASH

## INGREDIENTS



### For 1 servings:

- 1 large handful of spinach leaves
- 150 g of watermelon – diced
- 90 g of frozen diced mango
- fresh mint leaves
- 1 lime – peeled
- water or coconut water

## METHOD



1. Place all ingredients in a blender glass and mix until even. Forest fruits must be frozen fresh.
2. Pour the mixture into an ice-cream glass and serve with a sprig of mint and strawberries.

# SWEET TORTILLA DIP

## INGREDIENTS



- 1 soft wrap
- 0% fat or low fat yoghurt
- sprinkling of cinnamon and / or vanilla powder

## METHOD



1. Preheat the oven to 200 - 220°C.
2. Cut the wrap into your desired shape. You can fold it in half to get a symmetrical shape. Or simply leave whole or cut into triangles.
3. Lay wrap on a baking tray lined with baking paper. Brush the top with a little cold water.
4. Sprinkle over a dusting of cinnamon and/or vanilla powder
5. Put in the oven and bake for 4 - 6 minutes – check every 2 minutes.
6. Decorate with fresh berries – use yoghurt to act as ‘glue’ to hold them in place. Serve with a small pot of yoghurt to dip into and some fresh fruit.





## STEWED APPLES

### INGREDIENTS



- 6 apples of your choice – peel, core & chop
- ½ cup of raisins
- ½ cup of water
- 2 tsp cinnamon

### METHOD



1. Put all the ingredients in a heavy bottom saucepan.
2. Cook gently for 15 minutes, stirring regularly. Cook until the apple pieces are soft with rough edges. The colour should be russet brown from the cinnamon.
3. Spoon the mixture into about 6 ramekins or small bowls.
4. Eat them warmed up or cold.
5. Serve with some fat free quark or fat free yoghurt.
6. Add a handful of berries if you wish.

**Tip:** Keeps in fridge for about 3 days or you can freeze.

## RICE PUDDING

### INGREDIENTS



#### For 2 servings:

- 100 g pudding or Arborio rice
- 50 g caster sugar
- lemon zest
- 500 ml skimmed milk

#### Options:

- ground cinnamon
- fresh fruit – diced  
e.g.. mango, banana, strawberries

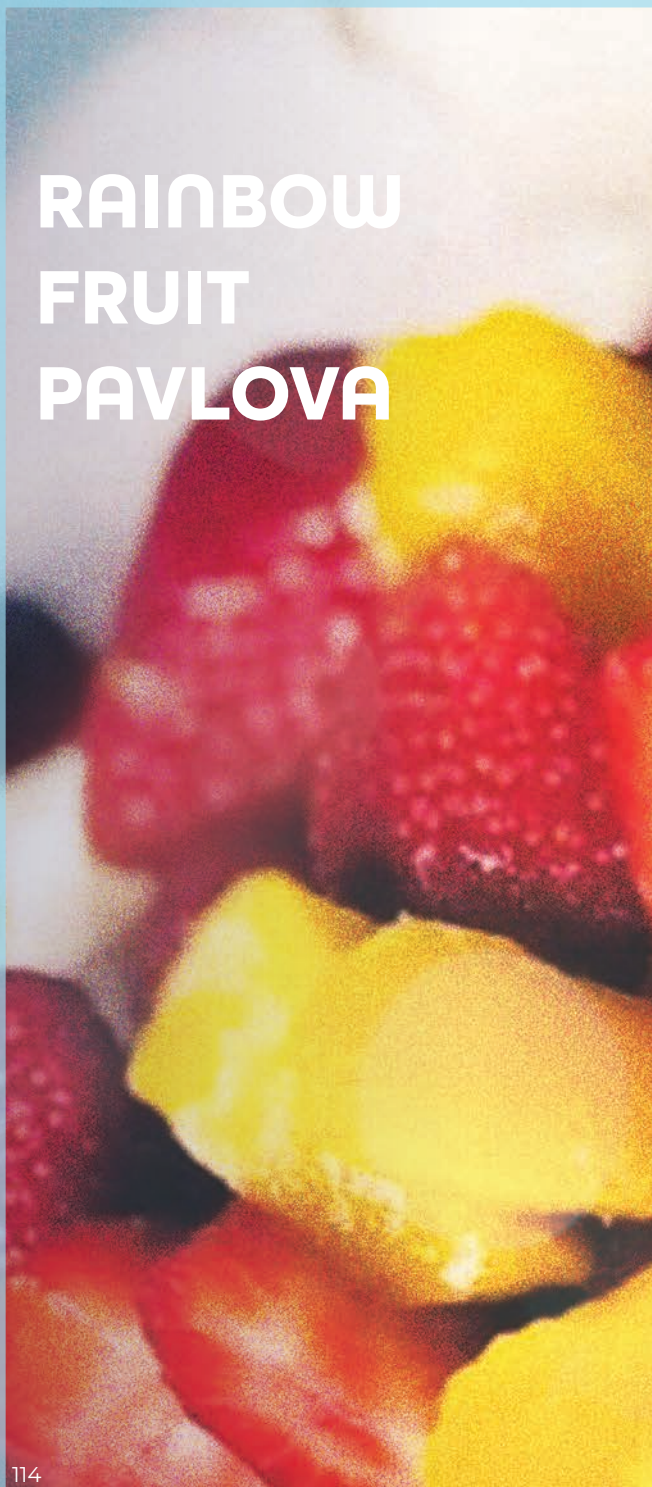
### METHOD



1. Put the rice, sugar, lemon zest and milk in a pan and bring to the boil while stirring.
2. Once at boiling point turn the heat down to a simmer and continue to cook for about 40 minutes stirring regularly to prevent the rice from sticking to the bottom and burning.
3. At the end of cooking most of the liquid should be gone and the rice mixture should be thick and creamy.
4. Remove from heat and stir in diced fruit. Leave to sit for about 10 minutes.
5. Dust with cinnamon and lemon zest.
6. Best eaten at once but can be stored in the fridge for 2 days once it has cooled.







## INGREDIENTS



- 6 egg whites
- 300 g caster sugar
- 2 tsp corn flour
- 1½ tsp white vinegar
- large tub of 0% or low fat thick yoghurt
- fresh fruit – chopped into bite sized pieces

## METHOD



1. Preheat oven to 150°C
2. Line a baking tray with baking paper
3. Put egg whites in a bowl of electric mixer or use a hand mixer, to whisk them until they form stiff peaks (they won't fall from the bowl when it's turned upside down!).
4. Add the sugar one tablespoon at a time & continue whisking for about 30 seconds after every spoonful added. Take your time.
5. Once all sugar added, whisk until stiff & glossy.
6. Mix the corn flour & vinegar in a cup & add to egg whites, whisking until incorporated.
7. Place the mixture on the baking tray in a circular shape about 23 cm in diameter.
8. Place in the oven & immediately reduce heat to 120°C. Shut the oven door & don't peak. Check at 1 hour & then turn oven off, leave pavlova inside oven until cool.
9. Can be stored, once cool, in an airtight container for 2 days.
10. Just before serving, add the yoghurt in a layer on top with your choice of fruit.
11. Bananas, chopped stem ginger with pineapple is another delicious combination.



# POP CORN

## INGREDIENTS



- 60 g corn kernels (not from a microwaveable pack. The fresher the kernels the better the pop!)
- stainless steel or non-stick pan with tight fitting lid (approximately 2 litre capacity). Or glass microwaveable dish.
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp of salt
- seasonings of your choice – e.g. salt, chilli powder, ground cumin, nutritional yeast, fajita spice mix, fresh herbs finely chopped
- liquid – a little apple cider vinegar or lime juice to help the seasoning stick

## METHOD



### Microwave:

1. Put corn in a glass microwavable dish & cover dish with a piece of kitchen towel, folding it under the base of the dish to hold the paper towel in place & stop the corn escaping.

Cook on high for about 3 minutes 45 seconds (timings will vary with microwave models – so cook until you hear the kernels popping every 2 - 3 seconds. Remove dish – taking care with hot dish & steam.

### Stove top:

1. Heat the pan with the lid on a medium-high heat for 2 minutes. Quickly add the corn kernels & salt, & replace the lid reducing the heat to just above low. Remove from heat when popping is every 2 - 3 seconds apart.
2. Put the popped corn into a large bowl. Add a little lime juice or apple cider vinegar and stir to coat the corn. If you have a little spray bottle put the juice / vinegar in here & spray the corn. This will help your choice of seasoning stick to the corn. Do this just before serving.



## MINTED PINEAPPLE

### INGREDIENTS



#### Serves 1 – 2:

- ¼ fresh pineapple – sliced
- 1 tsp of caster sugar
- handful fresh mint leaves – chopped
- juice of lemon or lime
- spoonful of low fat yoghurt

### METHOD



1. Lay pineapple on a serving plate and squeeze over juice.
2. Combine the sugar and fresh mint in a pestle and mortar until you create a green sugar mixture.
3. Put a spoonful of low fat yoghurt in the centre of the pineapple and scatter the green mint sugar over the top.
4. You can grill the pineapple if you wish: cut it into wedges on the barbecue and serve as above with slightly warm fruit.



## GRILLED PEACH

### INGREDIENTS



- 1 whole peach – cut in half & remove stone.  
Cook whole if cooking on the barbecue
- 1 tbsp of apple or orange juice
- 2 tbsp of low fat quark or yoghurt
- lemon zest, ground cinnamon (optional)

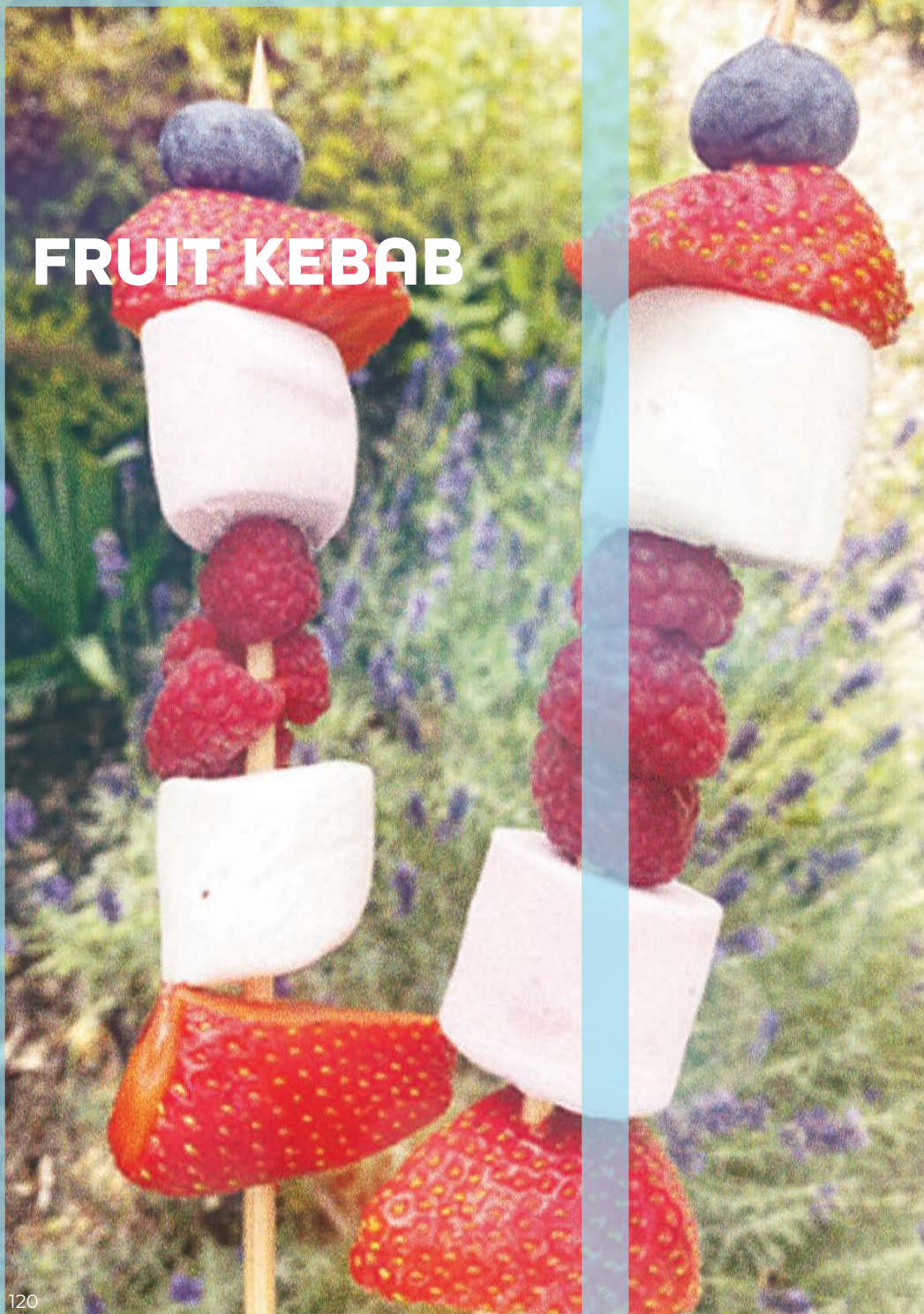
### METHOD



1. Brush the cut peach with a little of the juice and place the cut side down on a griddle pan or cook whole on a barbecue turning regularly, until softened all over.
2. Then cut and remove stone and serve warm with the quark or yoghurt.
3. Dress with lemon zest or ground cinnamon.







## FRUIT KEBAB

### INGREDIENTS



- strawberries
- raspberries
- blueberries
- 4 marshmallows

### Options:

- use any fruit for example mango, pineapple, Kiwi, banana (squeeze with a little lemon if preparing ahead of time)

### METHOD



1. Simply thread on a skewer to serve.
2. For young children serve in a bowl or plate.
3. You can make a simple drizzle or dip by mixing 0% fat yoghurt with some fresh mint leaves or ½ tsp ground cinnamon.

## FRUIT ICE LOLLIES



### INGREDIENTS



### For 4 lollies:

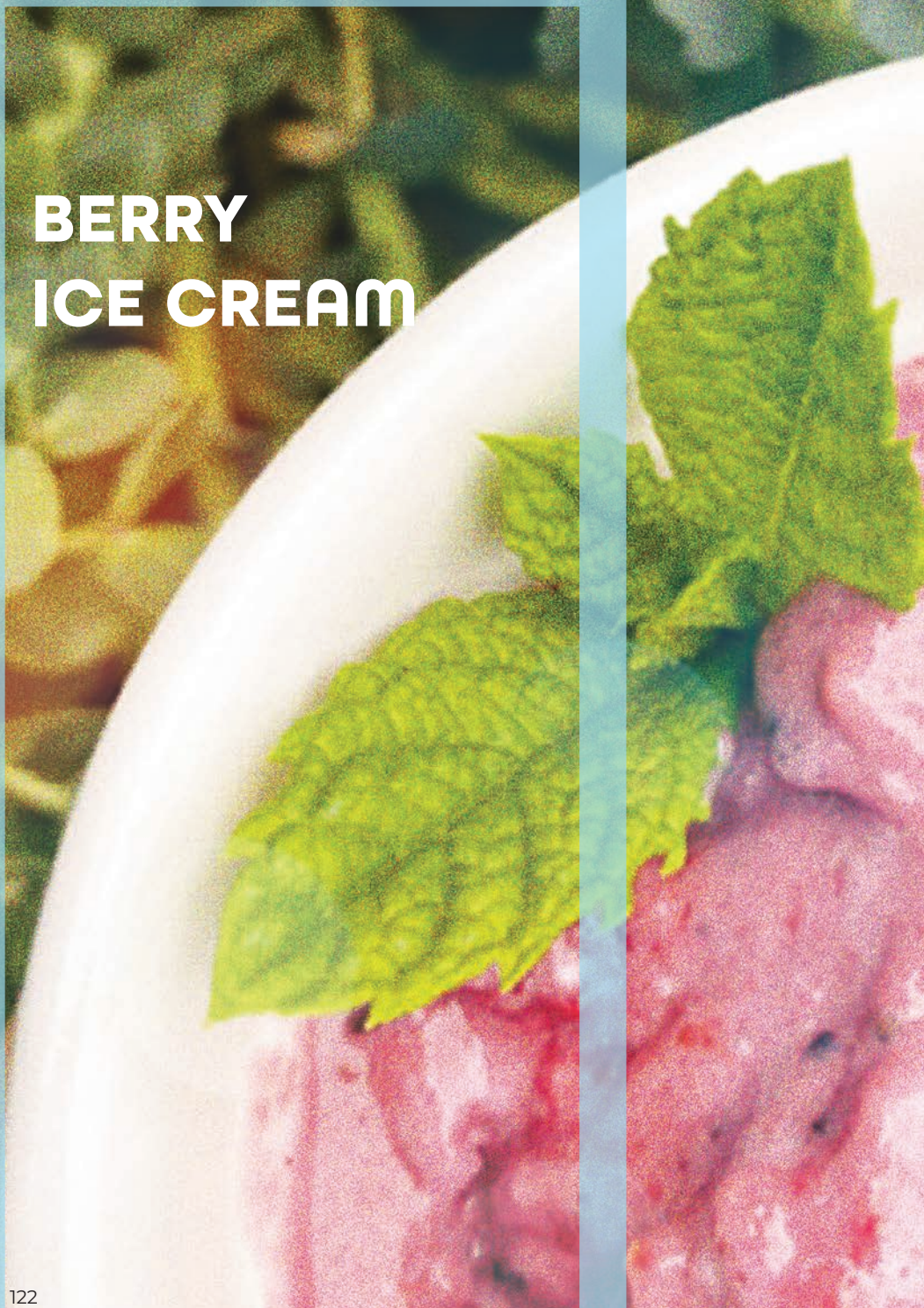
- 150 g strawberries  
– chopped into pieces
- 300 g 0% fat yoghurt
- 50 g of caster sugar  
or 3 tbsp honey.
- fresh mint (optional)

### METHOD



1. Blend all the ingredients in a blender, NutriBullet or food processor until smooth (about 20 secs).
2. Pour into lolly moulds and put into the freezer until solid.
3. To serve, hold under hot running water to release the lollies from the moulds.
4. You can use other fruits like raspberries, blueberries, and mango.





## BERRY ICE CREAM

### INGREDIENTS



#### For 2 servings

- 125 g frozen mixed berries
- 125 g 0% fat yoghurt
- ½ tbsp honey

### METHOD



1. Blend all the ingredients in a blender, NutriBullet or food processor until smooth (about 20 secs).
2. Add water if necessary.
3. Leftovers can be frozen in lolly moulds.

## BAKED FRUIT CRUMBLE



### INGREDIENTS



- 1 batch of stewed apples (see recipe)
- 250 g of blueberries
- 100 g Rolled oats
- 1 tsp of ground cinnamon
- 2 tbsp maple syrup

### METHOD



1. Preheat oven to 170° C
2. place the apples in a glass oven-proof dish and mix in the blueberries.
3. In a separate bowl mix the oats, cinnamon and maple syrup.
4. Top the fruit mixture with the oats and spread out evenly.
5. Put in oven for about 35 minutes.
6. Serve warm or cold with low fat yoghurt if desired.
7. Keep leftovers covered in the fridge and eat within 4 days.



## BAKED FIGS

### INGREDIENTS



- 4 figs – cut in slices
- ½ tbsp caster sugar
- ½ tsp ground cardamom
- or ½ tsp cinnamon & fresh rosemary sprigs
- 80 g low fat yoghurt
- ¼ tsp vanilla extract
- Drizzle of clear honey

### METHOD



1. Preheat the oven to 180°C.
2. Place the fig slices in an oven-proof shallow dish.
3. Sprinkle over the sugar and sprinkle either cardamon or the cinnamon and rosemary.
4. Bake for about 15 - 20 minutes & then remove from the oven & leave to cool.
5. Mix the yoghurt with the vanilla extract and keep in the fridge.
6. Serve with the vanilla yoghurt and drizzle with honey.

## CHIA SEED AND CHOCOLATE PUDDING WITH SKIMMED YOGHURT

### INGREDIENTS



#### For 1 person:

- 2 tbsp of chia seeds
- 1 tbsp of raw, sugar-free cacao powder
- 1 tsp of sweetener to taste
- 125 ml of milk alternative with no added sugar
- ½ a yoghurt
- vanilla
- fruit to garnish

### METHOD



1. Combine the chia seeds and cacao powder.
2. Pour in the milk alternative and stir well. Add a few drops of vanilla essence and the sweetener and beat with a whisk.
3. Leave to rest for 20 minutes, cover with cling film and put the mixture in the fridge for at least 1 hour (you can leave it to rest all night to give it more flavour).
4. Serve the pudding in a cup (first add some chia seeds, then a layer of yoghurt, then add more chia seeds on top. You can put some pieces of fruit on top to add a touch of colour).





# BANANA PUDDING

## INGREDIENTS



### For 2 servings

- 2 ripe bananas
- 2 eggs
- 3 tbsp of oat flour
- 50 g raisins
- 1 tsp of agave syrup

## METHOD



1. Preheat the oven to 180°C.
2. Blend the bananas, eggs and flour.
3. Once a thick mixture has formed, add the raisins.
4. Pour the mixture into a rectangular tin (1-litre tin).
5. Bake for 20 minutes until set.
6. Leave to cool at room temperature and serve.

# LEMON SORBET

## INGREDIENTS



### For 4 servings:

- 2 cups of lemon juice
- zest of 3 lemons
- 200 ml stevia powder
- 2 cups of water

## METHOD



1. Put the water and stevia in a saucepan over a low heat. Stir the mixture well. When it starts to boil, remove from the heat.
2. Leave the mixture to rest for 5 minutes.
3. Place the lemon juice, zest and water / sweetener mixture in a bowl.
4. Combine all the ingredients well.
5. Leave in the freezer for at least 3 hours.
6. To serve the sorbet, take out of the freezer, put it in the microwave for 15 seconds and leave it to stand for another 1 minute. This will give it the normal consistency of sorbet.



# YOGHURT WITH APPLE COMPOTE AND SEEDS

## INGREDIENTS



### For 1 person:

- 1 yoghurt
- 1 apple
- seeds to taste
- cinnamon to taste

## METHOD



1. Peel and chop the apple.
2. Put the apple in a small frying pan and half cover with water.
3. Leave the apple to boil for 5 minutes until soft.
4. Mash the apple with a fork and add the cinnamon.
5. Serve the yoghurt with the apple compote and preferred seeds on top.



# BAKED APPLES

## INGREDIENTS



### For 4 servings:

- 4 apples
- 4 cinnamon sticks
- 4 tsp of stevia
- juice of ½ a lemon

## METHOD



1. Preheat the oven to 180°C.
2. Wash the apples and cut out the cores.
3. Place the apples on a baking tray and fill the hollowed-out core with a few drops of lemon juice, stevia and a cinnamon stick.
4. Bake for 25 minutes.
5. Serve.





## FRUIT SALAD

### INGREDIENTS



#### For 2 servings

- ½ a kiwi
- ¼ of a pomegranate
- ½ an orange
- ½ a banana

### METHOD



1. Peel and chop the fruit and combine in a bowl.

**Tip:** if you leave the chopped fruit in the fridge, it will be easier to increase your fruit intake.

## FLAN

### INGREDIENTS



#### For 4 servings:

- 4 cups of milk (or any milk alternative)
- 5 eggs
- 1 cinnamon stick
- zest of one lemon
- vanilla essence

### METHOD



1. Boil the milk in a pot for 5 minutes with the cinnamon stick and the lemon zest.
2. In another bowl, whisk the eggs with the vanilla essence.
3. When the milk is cool, add the eggs and vanilla and combine.
4. Pour the mixture into individual flan moulds.
5. Put water in a baking dish and place the individual flan moulds on top.
6. Bake for 35 minutes at 180°C.
7. Then cool and keep in the fridge.





## PEAR MADELINES

### INGREDIENTS



#### Serving of 1 - 2 Madelines

- 160 g wholegrain flour
- 3 pears
- 3 eggs
- cinnamon
- ½ a lemon

### METHOD



1. Preheat the oven.
2. Peel and chop the pears.
3. Zest the half a lemon.
4. Put the flour, chopped pear, eggs, lemon zest and cinnamon in a bowl and combine until thoroughly mixed.
5. Bake for 35 minutes at 180°C.

## CHOCOLATE PANCAKES



### INGREDIENTS



#### For 1 portion:

- 30 g oats
- 1 egg
- 1 tbsp of linseeds  
or chia seeds
- 1 tbsp of raw cacao powder
- vanilla

### METHOD



1. Whisk all of the ingredients together.
2. Using a ladle, pour small amounts of the mixture into a frying pan.
3. Serve with your topping of choice.



# OATMEAL, BANANA AND CHOCOLATE BISCUITS

## INGREDIENTS



**Serving of 2 - 3 biscuits per person:**

- 2 ripe bananas
- 1 cup of oats
- dark chocolate chips (85%)
- cinnamon to taste

## METHOD



1. Mash the bananas with a fork and mix with the oats.
2. Add the chocolate chips and cinnamon to taste.
3. Roll into small balls and flatten.
4. Bake for 20 - 25 minutes at 200°C.
5. Remove from the oven, leave to cool and store in an air-tight box.



# QUICK YOGURT CAKE

## INGREDIENTS



**For 4 or 5 servings:**

- 1 low-fat natural yoghurt
- 3 eggs
- 7 - 8 dates
- 3 yoghurt pots filled with wholegrain flour
- ½ a yoghurt pot of olive oil
- 1 handful of almonds (30 g)
- 1 sachet (16 g) of dry yeast or baking powder
- turmeric
- 1 pinch of salt

## METHOD



1. Preheat the oven.
2. Peel the dates and remove the stones. Put them in a saucepan, cover them with water and cook them on a low heat until they soften.
3. Beat the eggs and once they look foamy, add the yoghurt.
4. Add the chopped dates and olive oil to the mixture and mix well.
5. Then add the sifted wholegrain flour, yeast, turmeric and the pinch of salt.
6. Grind the almonds and add to the mixture.
7. Combine all of the ingredients well and bake for 25 - 30 minutes at 180°C.
8. Leave to cool and remove from the tin.





WORLD  
FOOD  
RECIPES



WORLD FOOD RECIPES

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## BEAN CHILLI AND SALSA



### INGREDIENTS



- 250g chestnut mushrooms  
– cut into quarters
- 1 onion – roughly chopped
- ½ red and ½ yellow pepper  
– chopped
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp chilli flakes
- ½ tsp paprika
- 1 x tin cannellini beans
- 1 x tin black beans
- 1 x tin chickpeas
- 2 x 400g tins of tomatoes
- 300ml vegetable stock
- salsa
- 1 red onion  
– finely chopped
- 1 - 2 large tomatoes  
– finely chopped
- fresh coriander – chopped
- lemon juice

### METHOD



1. Preheat the oven to 190°C.
2. Put mushrooms, onion, peppers & spices in a deep oven-proof roasting tin. Stir well. Add 100ml of the vegetable stock.
3. Bake for about 15 minutes. Check after 10 minutes and stir and add a little more stock if required.
4. Add the drained and rinsed beans, vegetable stock and tomatoes. Stir well. Bake in oven for about 30 minutes.
5. To make salsa simply mix onion, tomatoes and coriander. Add salt and pepper and lemon juice to taste.
6. Serve in bowls with a spoonful of low fat quark or yoghurt topped with salsa and coriander.

**Makes 4 portions.** Once cool, refrigerate and use for packed lunches or reheat for a meal another day. Will keep in the fridge for about 3 days.



## ASIAN SALMON PARCEL

### INGREDIENTS



- 1 or 2 fillets of fish e.g.. salmon
- lime or lemon – sliced
- red chilli – sliced
- spring onions – sliced
- fresh ginger – sliced
- lemongrass – sliced
- 50 ml vegetable stock/white wine
- salt and pepper

### METHOD



1. Place the fish on a piece of baking paper
2. Add the chilli, lemon / lime, spring onions, ginger, lemongrass, salt and pepper.
3. Add a little vegetable stock or dash of white wine.
4. Create a parcel with the baking paper and scrunch it together to hold paper closed to form an envelope around fish.
5. Bake in preheated oven 200°C for about 20 minutes.
6. Serve with rice and steamed vegetables.
7. Reserve one fillet for use in packed lunch or with a salad the following day.

## FALAFEL

### INGREDIENTS



#### For 4 servings:

- 1 can of cooked chickpeas
- 1 onion
- 2 cloves of garlic
- 2 tbsp of sesame seeds
- 1 handful of fresh parsley
- 1 lemon
- 1 tbsp of cumin powder
- 1 tsp of black pepper

### METHOD



1. Dice the onion, garlic cloves and parsley.
2. Then add the washed chickpeas and blend.
3. Add the lemon juice, sesame seeds and spices.
4. Combine the ingredients well and leave to rest for 30 - 45 minutes.
5. Once the falafel dough has rested, roll into the shape of a croquette.
6. Bake for 50 minutes at 180°C, turning half-way through.





# YAKISOBA

## INGREDIENTS



### For 1 serving:

- 60 g wheat noodles
- 1/4 of an onion
- 1/4 of a green pepper
- 1/4 of a carrot
- 50 g chicken
- coriander
- 1 tsp of sesame oil
- 1 tsp of soy sauce

## METHOD



1. Cook the thin noodles for 5 minutes (as shown on the packet) and set aside.
2. Cut the vegetables into short slices and fry in a wok with the sesame oil.
3. Cut the chicken into strips and add to the wok. Fry until cooked through.
4. Add the noodles, lime, soy sauce and coriander and stir for a couple of minutes.
5. Serve on a plate with coriander sprinkled on top.

# PAD THAI

## INGREDIENTS



### For 4 servings:

- 300 g rice noodles
- 2 tbsp of tamarind paste
- 1 tbsp of soy sauce
- 3 tbsp of fish stock
- 1 spring onion
- 1 carrot
- 100 g sliced mushrooms
- 2 - 3 spring garlands
- 200 g peeled prawns
- 1 handful of coriander
- 1 lime

## METHOD



1. Prepare the sauce to be added later. In a saucepan over a low heat, reduce the tamarind paste, fish sauce and soy sauce.
2. Slice the spring garlic and cut the onion and carrot into short strips.
3. In a wok, fry the spring garlic, onion and carrot.
4. Add the mushrooms and prawns to the wok, followed by the sauce.
5. Cook the rice noodles.
6. Add the noodles to the wok and fry everything for 2 minutes.
7. Serve and sprinkle with a little coriander and lime juice.





# TABBOULEH

## INGREDIENTS



### For 4 servings:

- 100 g couscous
- ½ cup of water
- 1 spring onion
- 1 tomato
- a few sprigs of parsley and mint
- juice of ½ a lemon
- 1 tbsp of olive oil

## METHOD



1. To cook the couscous, bring the water to the boil, removing it from the heat and adding the couscous. Leave to rest for 3 - 5 minutes.
2. Finely chop the onion, tomato, parsley and mint. Combine all of the ingredients in a bowl.
3. Season the mixture in the bowl with oil and lemon.
4. Combine the contents of the bowl with the couscous.



# VEGETABLE COUSCOUS

## INGREDIENTS



### For 4 servings:

- 300 g couscous
- 1 large onion
- 1 red pepper
- 1 green pepper
- 1 courgette
- 1 carrot
- 3 tomatoes
- 1 litre of vegetable stock
- cumin
- pepper

## METHOD



1. Peel and chop the vegetables into medium-sized chunks so they are visible in the couscous.
2. Poach all of the vegetables until cooked. Start with the onion and, once transparent, add the pepper and the carrot. Add the courgette and the tomato last.
3. Boil some water in a saucepan. When it starts to boil, remove the saucepan and add the couscous. Leave to rest for 5 minutes.
4. Combine all of the ingredients.







# GREEK TZATZIKI

## INGREDIENTS



### For 1 serving

- 1 skyr high-protein yoghurt
- ½ a cucumber
- fresh mint
- 1 clove of garlic
- juice of ½ a lemon
- ground black pepper

## METHOD



1. Peel the cucumber and blend.
2. In a bowl, combine the yoghurt, lemon, crushed garlic clove, ground mint and a pinch of pepper.
3. Finally, add the cucumber to the bowl.
4. Leave to rest for 2-3 hours in the fridge and serve chilled.

# SHREDDED CHICKEN



## INGREDIENTS



### For 4 servings:

- 2 chicken breasts
- 1 onion
- 2 ripe tomatoes
- 2 cloves of garlic
- 1 tbsp of paprika
- 2 bay leaves

## METHOD



1. Boil the breasts in a pressure cooker for 1 hour with the rest of the ingredients.
2. Leave to cool and shred the chicken and vegetables.
3. Once all of the ingredients are shredded, add 2 - 3 tablespoons of the leftover broth.

**Tip:** this shredded chicken should be served with vegetables to make this a healthy, balanced recipe.



# VICHYSOISE

## INGREDIENTS



### For 4 servings:

- 2 leeks
- 2 potatoes
- 1 spring onion
- 1.5 litres of vegetable stock
- 1 pinch of salt
- 1 small sprig of parsley

## METHOD



1. Peel the potatoes and chop them into small cubes. Wash and clean the leek and the spring onion.
2. Chop the leek and onion and heat in a saucepan with a little oil until they turn translucent.
3. Add the potato and cook for 5 minutes.
4. Add the stock and leave to cook for 30 minutes.
5. Remove the saucepan from the heat, blend the contents and pass it through a sieve so it is smooth.
6. Share out the vichyssoise into bowls and garnish with washed and dried parsley.

# HUMMUS

## INGREDIENTS



### For 4 or 5 servings:

- 1 can of cooked chickpeas
- 5 tbsp of sesame seeds or tahini (sesame paste)
- 2 cloves of garlic
- 1 tsp of cumin
- 1 tsp of paprika
- 1 tsp of dry parsley
- 3 tbsp of olive oil
- juice of one lemon

## METHOD



1. Rinse the chickpeas well and drain.
2. Place all of the ingredients in a jar and blend. If the mixture is very thick, add a bit of water.
3. This can last up to a week in the fridge if covered.



## MEXICAN BAKED EGGS

### INGREDIENTS



#### For 1 person:

- a handful of fresh spinach
- 1 egg

#### For the sauce:

- 1 ripe tomato
- ¼ of an onion
- ½ a clove of garlic
- spicy chilli (optional)
- fresh coriander (to taste)

### METHOD



1. Preheat the oven.
2. First prepare the sauce. Chop the tomato and onion and peel the garlic clove. Next, poach the tomato, onion, garlic and chilli (optional) in a frying pan. Once golden, remove from the heat. Blend the mixture with the coriander.
3. Fry the spinach a little in a frying pan.
4. Add the spinach to a shallow bowl, followed by the raw egg. Sprinkle with a little sauce.
5. Bake for 5 minutes until the egg is cooked.

## THAI PRAWN CEVICHE

### INGREDIENTS



#### For 4 servings:

- 300 g of small peeled prawns
- 2 limes
- 1 ripe mango
- ½ a red onion
- 20 g fresh coriander
- ginger
- ¼ of a pomegranate

### METHOD



1. Put the peeled, chopped prawns in a bowl with the juice of two limes and leave to sit for 30 minutes.
2. Chop the mango, onion and ginger into small pieces, finely chop the coriander and deseed the pomegranate.
3. Add all of the ingredients to a bowl and combine.
4. Add the prawns and juice and season to taste.





# SAUCES



## SAUCE RECIPES

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# HOMEMADE HERB & SPICE BLENDS



## INGREDIENTS



### Mexican:

- 2 tbsp chilli
- 2 tbsp ground cumin
- ½ tbsp paprika
- ½ tbsp oregano
- ½ tbsp garlic powder
- ½ tbsp onion powder
- 1 tsp pepper
- 1 tsp sea salt
- 1 tsp chilli flakes

### Greek:

- 2 tbsp oregano
- 1 tbsp chilli
- 1 tbsp garlic powder
- 1 tbsp onion powder
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp cinnamon

### Fish / Seafood:

- 2 tbsp garlic powder
- 2 tbsp paprika
- 1 tbsp onion powder
- 1 tsp thyme
- 1 tsp celery seed
- 1 tsp cumin
- ¼ tsp allspice
- 1 tsp sea salt

### Herb:

- 1 tbsp thyme
- 1 tbsp basil
- 1 tbsp oregano
- ½ tbsp rosemary
- ½ tbsp tarragon

## METHOD



Store in airtight glass jar in cool, dry place for 6 months

Keep these useful blends of dry spices and dry herbs at hand to flavour meats, fish & vegetables. Adjust according to what spices/herbs you have and to your taste. Leave out anything you don't like. Increase heat by adding more chilli or cayenne pepper.





## HERBY TOFU SAUCE

### INGREDIENTS



- 150g silken tofu
- 2 handfuls of fresh herbs: basil, parsley, coriander, dill
- 30 ml fresh lemon juice
- 15 ml apple cider vinegar
- 2 cloves garlic – crushed
- water about 30ml
- salt and pepper to taste
- chilli flakes – optional

### METHOD



1. Blend all the ingredients until smooth.
2. Add a little water as required to get desired consistency.
3. Store in a glass jar with a lid for up to 3 days.



## YOGHURT DIP

### INGREDIENTS



#### For 4 servings:

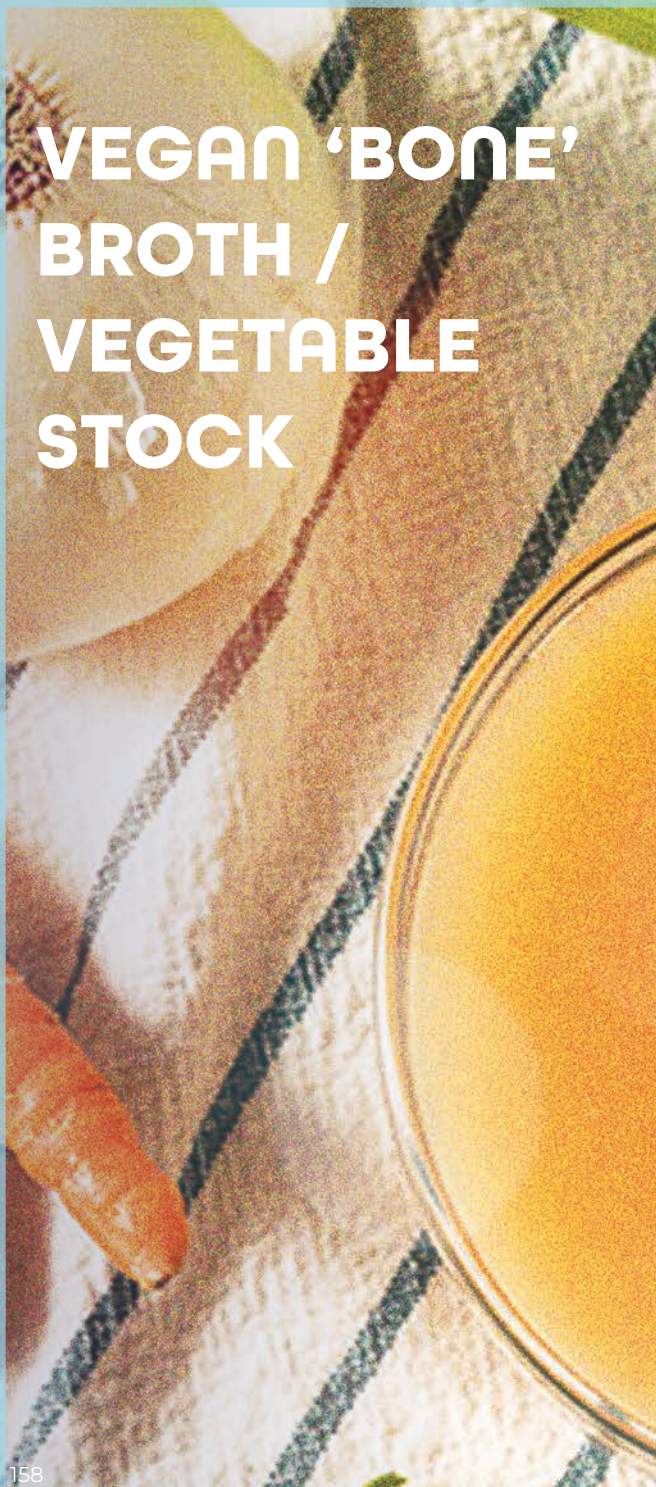
- 1 high-protein or skyr yoghurt
- juice of ½ a lemon
- 1 tsp of garlic powder
- 1 tsp of Herbs de Provence

### METHOD



1. Combine all of the ingredients.





## VEGAN 'BONE' BROTH / VEGETABLE STOCK



### INGREDIENTS



#### For 8 servings:

- 12 cups or 2.75 litres filtered water
- 1 red onion quartered (with skin)
- 1 garlic bulb – smashed
- 1 chilli pepper roughly chopped (with seeds)
- 1 thumb-sized piece of ginger roughly chopped (with skin)
- 1 cup greens e.g. kale, spinach
- 3 - 4 cup mixed chopped vegetables and peelings (e.g. carrot peelings, red cabbage, fresh mushrooms, leeks, celery)
- ½ cup dried shiitake mushrooms
- 30 g dried wakame seaweed
- 1 tbsp peppercorns
- 2 tbsp ground turmeric
- 1 tbsp coconut aminos (see notes)
- a bunch of fresh coriander or other herb of your choice (optional)
- ¼ cup nutritional yeast flakes for extra flavour & vitamins

**A nutritious alternative to bone broth – if you don't have some of the ingredients don't worry – just add vegetables that you have & love!**

### METHOD



- Simply add everything to a large pot.
- Bring to a boil then simmer, with the lid on, for about an hour.
- Once everything has been cooked down, strain the liquid into a large bowl.
- Serve immediately with some fresh herbs, for decoration or cool for later. It also freezes well (you can use ice cube trays).

#### Recipe notes:

\*Coconut aminos can be very salty, depending on what brand you use, so taste before adding any additional salt.





# BECHAMEL

## INGREDIENTS



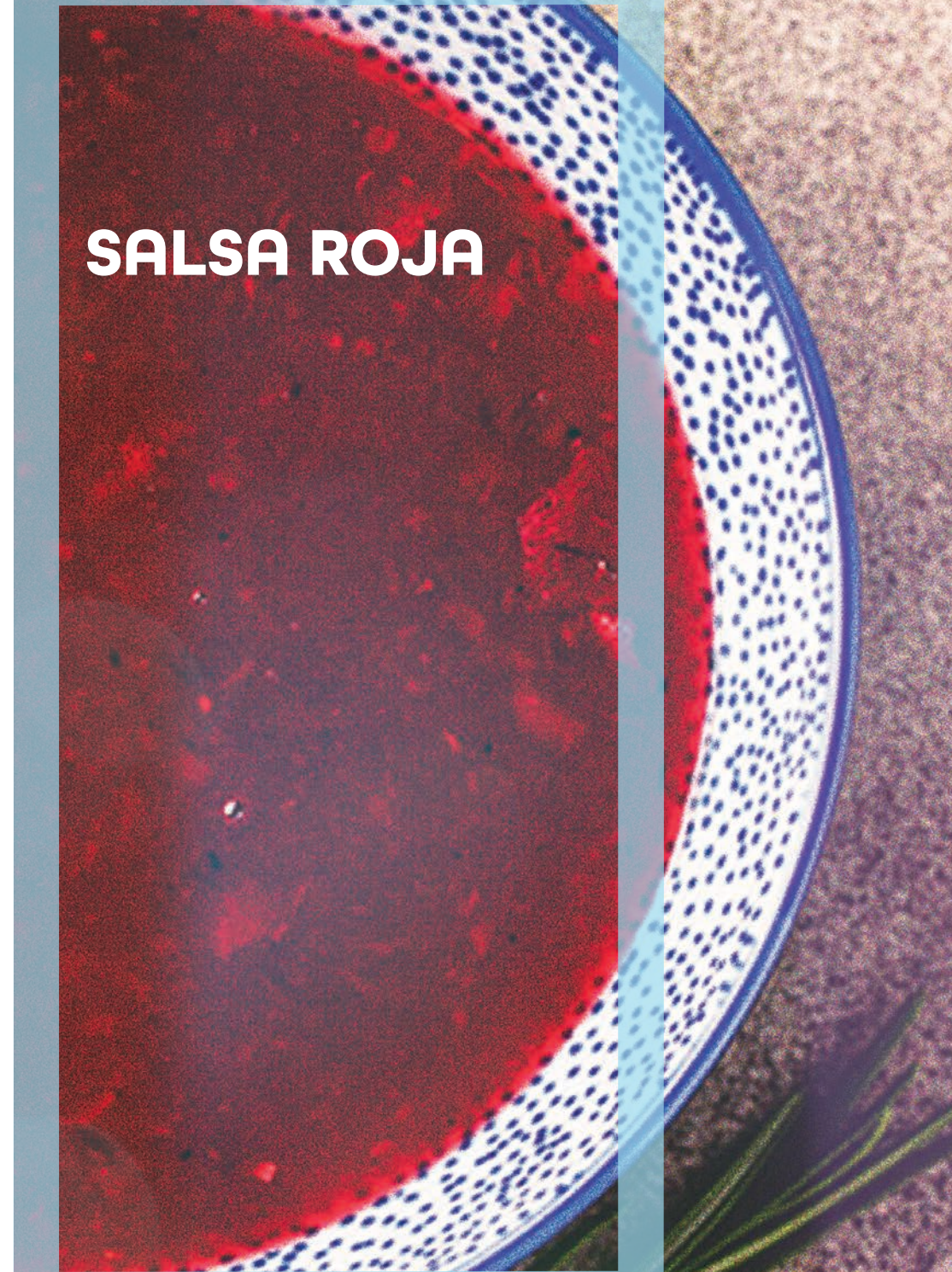
### For 4 servings:

- skimmed milk or milk alternative (1 cup)
- 1 spring onion
- 1 tsp of flour
- 1 tbsp of extra virgin olive oil
- nutmeg
- a pinch of salt

## METHOD



1. Dice the onion.
2. In a small saucepan, heat the olive oil and fry the onion until it turns translucent.
3. When the onion is ready, add the flour and milk.
4. Stir the ingredients well and add a touch of nutmeg and a pinch of salt.



# SALSA ROJA

## INGREDIENTS



### For 4 servings:

- 1 beetroot
- 8 strawberries
- juice of ½ a lemon
- 1 tsp of olive oil

## METHOD



1. Boil the beetroot for 20 minutes.
2. Combine all of the ingredients and blend.





## SALSA VERDE

### INGREDIENTS



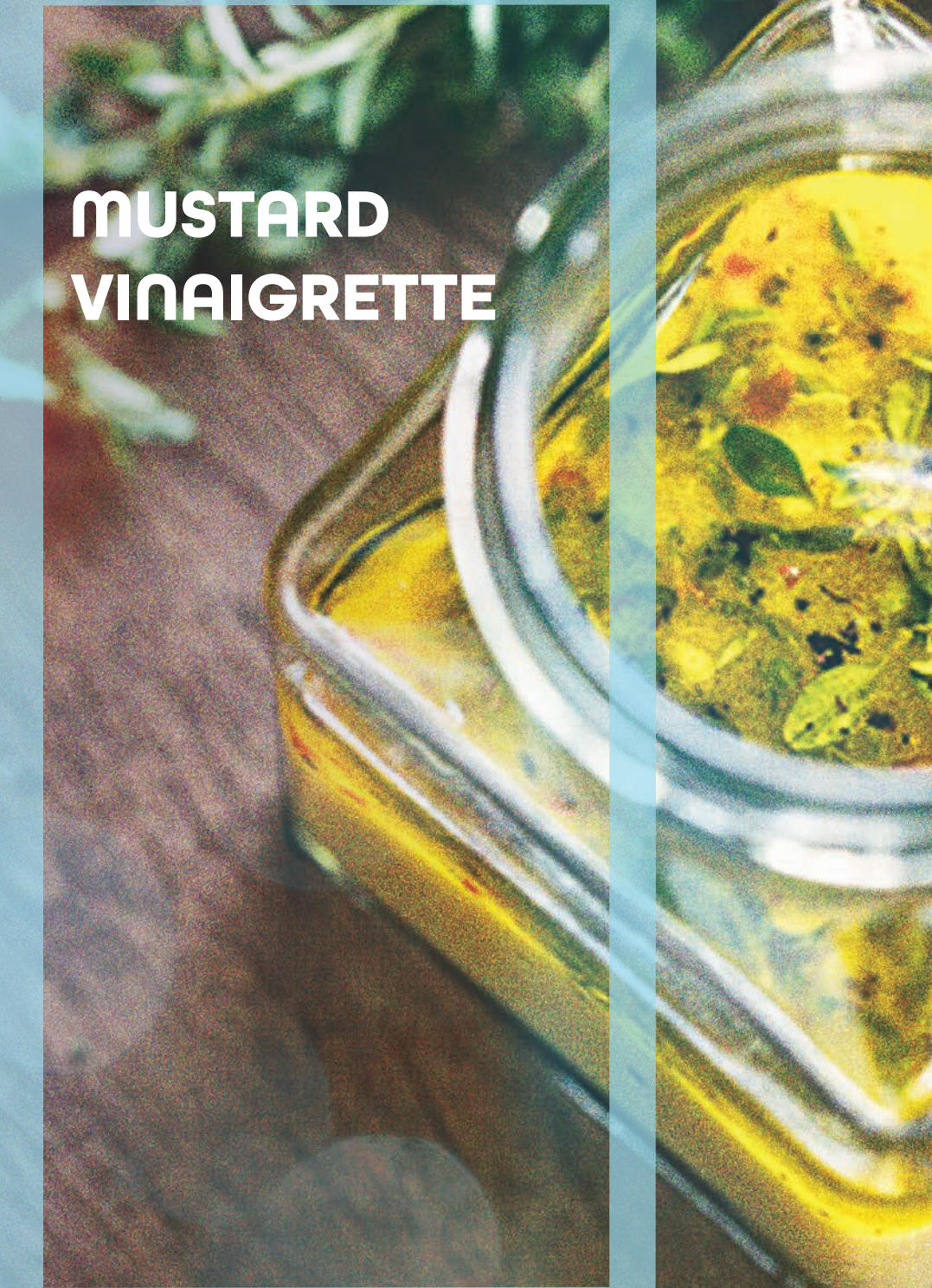
#### For 4 servings:

- 1 handful of spinach
- 1 apple
- ¼ of a celery stick
- 1 tsp of dry oregano
- 1 tsp of dry basil
- 1 tsp of garlic powder
- ½ cup of water

### METHOD



1. Whisk all of the ingredients until smooth.



## MUSTARD VINAIGRETTE

### INGREDIENTS



#### For 4 servings:

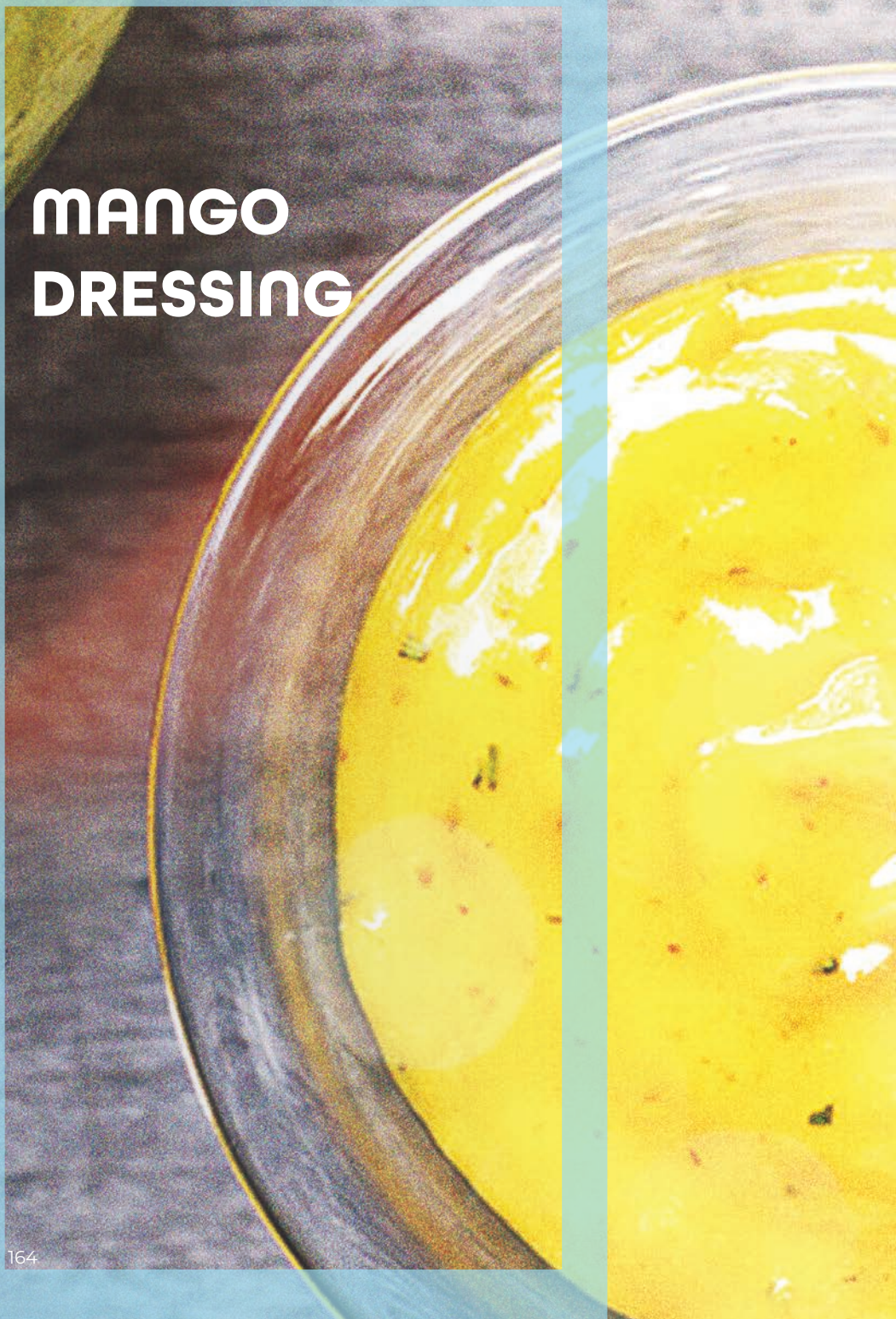
- 1 tbsp of dijon mustard
- 1 tsp of agave syrup
- 2 tbsp of cider vinegar
- 2 tbsp of olive oil
- 1 tsp of garlic powder

### METHOD



1. Combine all of the ingredients in a glass bowl with a lid.
2. Cover and shake until they are well combined.





## MANGO DRESSING

### INGREDIENTS



#### For 4 servings:

- half a mango
- juice of ½ a lemon
- 2 tbsp of water
- 1 tbsp of olive oil
- seasoning to taste

### METHOD



1. Purée the mango.
2. Combine all of the ingredients.

## BOLOGNESE SAUCE



### INGREDIENTS



#### For 4 servings:

- 200 g minced turkey
- 3 puréed tomatoes
- 1 large onion
- 1 carrot
- oregano
- salt and pepper to taste

### METHOD



1. Finely chop the onion and carrot.
2. Purée the tomatoes.
3. Put a very small amount of oil or vegetable stock in a frying pan and poach the onion and carrot until cooked.
4. Once golden, add the tomato purée and fry until the tomato is well cooked (at least 20 minutes).
5. When all of the vegetables are golden, add the turkey mince.
6. Season the mixture to taste and add to various meals. Any that is left over can be frozen.



# RED PEPPER DIP

## INGREDIENTS



- ½ can of chickpeas – drain & rinse
- 2 red pepper – cooked. Prepare your own or use peppers in jars of brine
- 2 cloves of garlic – crushed
- 2 tablespoons of freshly squeezed lemon juice
- 2 tablespoons thick low-fat quark or yoghurt
- good pinch of salt and freshly ground black pepper.

## METHOD



1. Blend everything in a food processor or Nutribullet until smooth.
2. Add more lemon juice, salt and pepper according to your taste.
3. Serve spread on bread/toast with lettuce, tomato and cucumber or simply as a dip with raw vegetables.
4. This can be made in advance and stored covered in the fridge for 3 days. Great to use as part of a packed lunch or as a snack (2 tbsp with some raw vegetables to dip in or spread on lettuce leaves).
5. Cook some peppers by simply slicing thinly and cooking in a pan with a little vegetable stock until softened. Add more stock as required to prevent peppers from burning.





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