



January Challenge

Chicken

Chicken & Courgette Bowl

Serves 2

2 organic chicken breasts
450ml chicken stock or bone broth
5 spring onions, sliced
2 sticks celery, finely sliced
½ red chilli, finely diced
1 clove garlic, crushed
1 yellow pepper, diced

½ tsp. smoked paprika
1 tbsp. tomato purée
200g carton chopped tomatoes
1 courgette, finely sliced or spiralized
2 tbsps. brown rice, cooked
Handful fresh herbs (e.g. parsley, coriander)
Sea-salt & freshly ground black pepper

Bring the stock to the boil and add the chicken. Simmer gently for 20 minutes or until the chicken is cooked. Remove the chicken and place onto a plate but reserve cooking liquid. Meanwhile, sauté the onion and celery in a little olive oil until soft then add the peppers and smoked paprika and sauté for a further minute. Add the garlic, tomato purée, tomatoes and some of the reserved stock and keep stirring over a gentle heat for another few minutes. Shred the chicken and add to the pan along with the courgette spirals and brown rice. Bring the liquid back to the boil and simmer for a further minute. Season, and add most of the herbs (reserve some to serve scattered over the top after serving).

Pesto Chicken, Snap peas, Tender-stem & Asparagus

Serves 2

1 tbsp. olive oil
2 organic chicken breasts (sliced into strips)
pesto

200g packet tender-stem
Small bunch asparagus
1-2 handfuls of snap peas

Heat the oil and fry the chicken for 2 minutes on each side. Meanwhile, steam the vegetables. When the chicken pieces are cooked, stir in 2 teaspoons of pesto and serve immediately with the vegetables. Note: prepare simple pan-fried chicken the same way just omitting the pesto.

Chicken & Asparagus Warm Salad

Serves 2

2 organic chicken breasts (sliced into strips)	1 x 200g pack baby asparagus
2 sticks of celery, sliced on diagonal	2 large handfuls of baby spinach leaves
1 medium courgette, sliced on diagonal	Handful of fresh parsley
Fresh rosemary – finely minced	Lemon wedges <u>and/or</u>
2 cloves garlic, crushed	drizzle of Salad dressing
Olive oil	Sea-salt and freshly ground black pepper

Preheat the oven to 200°C. Place the sliced chicken, celery, courgette, rosemary and garlic into a shallow oven-proof dish and drizzle with 1 tbsp. of olive oil. Stir well until everything is lightly coated in oil. Bake in the oven for 15 minutes or until the chicken is cooked. Meanwhile, blanche the asparagus in a mug of boiling water and then arrange the spears and spinach leaves on 2 plates. Serve the chickens onto the leaves so they wilt slightly. Scatter with the chopped parsley and add a squeeze of lemon and/or some salad dressing.

Tarragon Poached Chicken Breasts

Serves 4

4 skinless, organic chicken breasts	½ tsp whole pink or black peppercorns
4 large sprigs of freshly cut tarragon	1 litre pouch of organic chicken stock

Place the chicken breasts into a deep frying pan and cover with the stock, tarragon and peppercorns. If necessary, top up with water until the chicken breasts are covered. Bring to the boil and then reduce the heat to a low simmer for around 10 minutes. Turn off the heat and allow to stand for a further 10 minutes or until the chicken is opaque and cooked through.

Chicken Parcels with Roasted Peppers & Aubergine

Serves 2

2 organic chicken breasts	Olive oil
1 red pepper	Sea salt and black pepper
1 medium-size aubergine	1 lemon, zest and juice
2 cloves garlic, crushed	1 packet Tender-stem broccoli, steamed
1 tsp. dried thyme or mixed herbs	

Preheat the oven to 180°C Cut the pepper and aubergine into large chunks and place in an ovenproof dish with the garlic. Drizzle with olive oil, cover with dried herbs, sea-salt and black pepper and mix until all the pieces are well coated with herbs and oil. Grate the zest from the lemon and reserve, then cut the lemon into slices. Place each chicken breast in the middle of a large square of aluminium foil. Grind some black pepper and sea salt over the top and place the slices of lemon inside and on top of each breast before tightly sealing the parcels. Place the vegetables and the parcels in the oven and cook for around 20 minutes. When the chicken is cooked, steam the broccoli for 1-2 minutes and serve everything to warmed plate.

Andalucian Chicken Bowl

Serves 2

2 tbsps. olive oil	1 tbsp. tomato purée
2 organic chicken breasts (cut into pieces)	290g carton passata
1 large Spanish onion	2 tbsps. chickpeas
2 fat cloves garlic	5 finely chopped sundried tomatoes
1 red pepper, sliced	12 dry black olives, halved
1 yellow pepper, sliced	Freshly chopped herbs (e.g. parsley, thyme)
1tsp. smoked paprika	Sea-salt and freshly ground black pepper

Preheat the oven to 170°C. In a frying pan, fry the chicken pieces on either side for 2 minutes and then place them in a casserole dish. Add a little more oil and fry the onion, until soft then add the garlic and peppers; continue cooking for a few minutes before sprinkling the paprika over all the ingredients in the pan.

Add the passata and chickpeas before gradually bringing to a simmer. Add the sundried tomatoes and olives and season with black pepper then pour over the chicken pieces, pressing them down so they're covered in cooking liquid. Place in the oven and cook for around 30-35 minutes. Serve to bowls with the fresh herbs scattered over the top and some simply cooked brown rice or quinoa.

Peloponnese Chicken with Minty Green Salad

Serves 2

For the Chicken:

2 organic chicken breasts, cut into strips
 4 tbsps. extra-virgin olive oil
 3-4 juicy cloves garlic, crushed
 4 sprigs rosemary, woody stalks removed
 Handful of thyme, de-stalked
 4 sprigs oregano, de-stalked

50g sheep's feta
 (optional & depending on your individual guidance)

For the salad:

½ jar of Kalamata olives, sliced
 ½ cucumber, peeled and cut into chunks
 150g Petit-Pois, completely defrosted
 70g edamame beans, defrosted
 1 bag watercress
 Large handful mint leaves, roughly chopped
 1 tbsp. sherry or white balsamic
 Sea-salt & crushed pink peppercorns (to taste)
 ½ tsp. Dijon mustard

Prepare all the herbs, removing stalks and mincing in a mezza-luna or herb-chopper. Warm the oil in a small pan, add the garlic and stir over a gentle heat for a couple of minutes until it softens. Add the herbs – their aroma should start to release as you gently stir them around the pan for another couple of minutes. Pour 2 tbsps. oil into a jar ready for the dressing.

Place the chicken into a shallow baking dish and brush each piece generously with the herb oil. Cover the dish and refrigerate for 2 hours so the herb flavours infuse. Prepare the salad dressing next, whisking the **herb oil**, balsamic, salt, peppercorns and mustard until you have a creamy mix. Leave to chill in the fridge.

To prepare the salad – layer the leaves, peas, beans, mint, cucumber chunks and olives.

Finally, brush some extra olive oil over the base of a non-stick heavy frying pan and when it's slightly smoking, add the chicken; maintaining a high heat, cook for 3-4 minutes on each side or until each piece is cooked. Divide the salad between plates, crumble with feta (if using) and toss the chicken on top before drizzling everything with dressing.

Moroccan-spiced Chicken with Fig Salad

Serves 2

2 organic chicken breasts (sliced into strips) 1 x 100g pack of green beans

2 tsps. ras-el-hanout blend of spices
Olive oil
4 fresh figs, quartered
2-3 sticks of celery, finely sliced

1 bag of baby spinach leaves
Handful of fresh coriander or parsley
Drizzle of Salad dressing
Sea-salt and freshly ground black pepper

Preheat the oven to 200°C. Place the sliced chicken into a shallow oven-proof dish. Put the spice blend into a very fine small sieve and tap over the chicken pieces so that all pieces are lightly "dusted". Then drizzle 1 tbsp. of olive oil over the chicken and stir well until all pieces are coated. Bake in the oven for 15 minutes or until the chicken is cooked. Then place the fig pieces on top of the chicken and return to the oven for a further 5 minutes.

Meanwhile, arrange the salad leaves, beans and celery on 2 plates. Remove the chicken and figs from the oven and serve onto the leaves so they wilt slightly.

Thai Chicken Curry

Serves 2

1 tbsp. olive oil
1 large bunch of spring onions
2 sticks of celery
2 organic chicken breasts, sliced into strips
100ml coconut milk
1 tsp lime zest
1 tbsp. Thai green curry paste

1 green chilli – roughly chopped
1 x 400g can of chickpeas
Thumb size piece of ginger, peeled & grated
1 tbsp. lime juice
Sea salt and black pepper

Broccoli, Quinoa or brown rice to serve

Heat the olive oil and fry the chicken pieces for 2-3 minutes on each side and then slide onto a plate. Next fry the onion, celery and chilli until the onions are soft. Then add the coconut milk, ginger, lime juice, chickpeas and chicken. Cover the pan and simmer for 10 minutes.

Serve on a bed of steamed kale, brown rice or quinoa.

Lemon Chicken with Herb-Roasted Carrots

Serves 2

2-3 large carrots
3-4 cloves garlic keep whole
1 tsp. dried thyme or mixed herbs
Olive oil
Sea salt and black pepper
2 organic chicken breasts (sliced)

Juice of 1 lemon
8 sprigs lemon thyme (remove tough stalks)
handful of parsley
finely grated zest of 1 lemon
1 clove garlic, crushed

Preheat the oven to 180°C. Slice the carrots on the diagonal and place in an ovenproof dish with the garlic cloves. Drizzle with olive oil, cover with dried herbs, sea-salt and black pepper and then mix until all the carrots are well coated with herbs and oil. Roast in the oven for 15-20 minutes.

Then, prepare the herb mix; using a mezzaluna on a wooden board finely chop the herbs. Add the crushed garlic and lemon zest onto the board and mix well. When the carrots are tender, stir in the gremolata and return to the oven. Heat some oil in a frying pan and fry the chicken strips for 2 minutes on each side. When they chicken pieces are cooked, stir in some lemon juice and serve to a warmed plate, surrounded with the carrots.

Fish

5-Minute Mackerel Kedgeree

Serves 2

250g cooked quinoa or
250g pkt. Merchant Gourmet Quinoa
1 clove garlic, crushed
1 red onion finely chopped
Generous handful of parsley
Dash of virgin olive oil or coconut oil

1-2 tbsp. vegetable stock
1 tsp of smoked paprika.
2 smoked mackerel fillets, skinned and broken
Lemon juice – to taste
Sea-salt and black pepper

Heat the oil and then sauté the onion until translucent. Turn the heat down and stir in the garlic, paprika, quinoa and a little stock (only add enough to keep the quinoa from sticking to the bottom of the pan). Keep stirring gently until everything is hot and then add the mackerel and a squeeze of lemon juice before serving with a salad or steamed vegetables.

Lime, Ginger & Garlic Grilled Prawns

Serves 2

250g bag of king prawns
1 small clove of garlic, crushed
Juice of 1 lime

Thumb-size piece of ginger, peeled & grated
A little virgin olive oil
Sea-salt and freshly ground black pepper

Mix together the garlic, oil, ginger lime juice, sea-salt and black pepper in a large deep bowl. Rinse and dry the prawns and then add to the bowl and leave to marinade for 30 minutes or longer. To grill the prawns, place under a hot grill and grill for 1 minute on each side and then serve immediately with a salad or some steamed greens.

Mediterranean Cod with Herby Salsa & Salad

Serves 2

2 cod fillets or monkfish tails
Salad:
2 handfuls green beans
2 tbsp. Kalamata olives (pitted)
1 tbsp. curly parsley
½ bulb fennel, finely sliced
1 red pepper, sliced
4 sun-dried tomatoes, chopped

Herb Salsa:
1 tbsp. capers
1 anchovy
1 clove garlic, crushed
1tbsp. each parsley & basil
1 dsp. balsamic vinegar
2 tbsp. olive oil
Season with Sea-salt and black pepper

Turn the grill onto its highest setting and place an oiled griddle pan under the grill to heat up. Add all the salad ingredients to a bowl, mix well and then refrigerate until ready to eat. Then, blend together all ingredients for the salsa and season to taste. When the griddle pan is hot and smoking slightly, place the cod onto the griddle and grill for 2- 3 minutes on each side or until the fish is cooked through. Serve with the salad and drizzle the salsa over everything.

Smoked Trout & Quinoa Tabbouleh with Rocket

Serves 2

2 fillets of smoked trout	½ cucumber, peeled and diced
1 handful of mint or parsley	2 handfuls of mange-tout, sliced
10 anchovy-stuffed green olives	125g quinoa cooked and cooled
1 red chilli, very finely diced	Sea-salt and black pepper
1 small clove of garlic, crushed	½ bag of rocket
	Drizzle of Salad Dressing (<i>see dressings recipes</i>)

Put quinoa in a wide bowl and stir in the herbs, olives, chilli, cucumber, mange-tout, sea-salt and pepper. Serve the tabbouleh and fish onto a bed of rocket and drizzle with dressing.

Tuna Niçoise

Serves 2

2 tuna steaks	8 anchovies
Baby spinach leaves	1 avocado, sliced
Handful green beans, sliced	Sea-salt and black pepper to taste
12 black olives, sliced	Drizzle of Salad dressing (<i>see dressings recipes</i>)

Preheat the oven to 200°C. Place a ridged, lightly oiled griddle pan on the top shelf for a few minutes. Remove and place the tuna steaks onto the pan and bake for 8-10 minutes. Just before you are ready to eat, steam the beans for 1-2 minutes and put the spinach onto each plate and warm in the oven until it wilts. When the fish is cooked divide the olives, anchovies and avocado between the plates and serve the fish on top with some dressing.

Seared Salmon with Broccoli & Sugar Snaps

Serves 2

2 salmon fillets	1 clove garlic, crushed
1 head of broccoli, broken into small florets	1 packet asparagus spears
6 spring onions, finely sliced	2 large handful sugar snap peas
Olive oil	Fresh coriander, chopped
Juice of 1 lime	Sea-salt and freshly ground black pepper

Preheat the oven to 200°C. Place the Salmon fillets on a griddle and bake for 12-15 minutes. When the fish is nearly cooked, steam the broccoli, asparagus and green beans in a steamer for 2-3 minutes. Meanwhile, lightly sauté the spring onions and then toss in the steamed vegetables and crushed garlic; stir frequently until well-mixed. Pour the lime juice over the vegetables and serve alongside the cooked salmon with coriander snipped over everything.

Harissa Cod or Monkfish

Serves 2

2 cod fillets or monkfish tails	1 tbsp. green harissa
25g capers, chopped	1 tbsp. finely chopped parsley
25g green olives, sliced	Sea-salt and black pepper

Preheat the oven to 200°C. Place the fish in a lightly greased dish. Mix together the capers, olives and harissa and spoon over the fish. Bake for 9-10 minutes. Voila!

Pesto Tuna & Roasted Tomatoes

Serves 2

2 Tuna Steaks

10 on the vine tomatoes

For the pesto:

25g cashew nuts, soaked for 2-3 hours

1 handful basil leaves

1 clove of garlic – crushed

1tbsp. olive oil

2 handfuls of baby spinach leaves

1 dsp. lemon juice

1 tbsp. garden peas, thawed

Sea-salt & freshly ground black pepper

Whizz together all ingredients for the pesto adding the oil & lemon juice slowly so the pesto is thick enough. Heat the oven to 200°C and place the tuna onto a cast-iron, ridged griddle pan along with the tomatoes (still on vine). Spread each steak with a teaspoon or more of pesto so that the fish is thickly covered. Bake in the oven for 8-10 minutes and serve with a green salad.

Thai Prawn Curry

Serves 2

1 tbsp. olive oil

1 green chilli – roughly chopped

1 large bunch of spring onions

1 x 400g can of chickpeas

2 sticks of celery

Thumb size piece of ginger, peeled & grated

250g jumbo prawns

1 tbsp. lime juice

100ml coconut milk

Sea-salt & freshly ground black pepper

1 tsp lime zest

1 tbsp. Thai green curry paste

Broccoli, Quinoa or brown rice to serve

Heat the olive oil and fry the onion, celery and chilli until the onions are soft. Then add the coconut milk, ginger, lime juice and chickpeas. Cover the pan and leave gently simmering for 5 minutes. Add the prawns to the curry and simmer for a further minute before serving.

Smoked Salmon & Citrus Burst Salad

Serves 2

1 pkt. smoked salmon

Radicchio leaves (or chicory if unavailable)

1 large carrot

Drizzle of avocado oil.

1 orange or yellow capsicum

1 tsp. Ras al Hanout

handful of pitted black olives, halved

Handful of parsley, finely chopped

Juice & zest of 1 lemon

Sea-salt & freshly ground black pepper

Arrange the radicchio leaves on 2 plates. Slice the carrot lengthwise using a vegetable peeler or mandolin and scatter over the leaves along with the capsicum. Then cover with the olives, lemon juice and zest. Drizzle with oil and scatter the parsley before finished with a dusting of Ras al Hanout (add to a fine sieve and shake over the salad).

Season and serve with the salmon.

Smoked Haddock Chowder

Serves 4

300g un-dyed smoked haddock	1 tsp dried thyme
2 bay leaves	1 tsp smoked paprika
30g butter or coconut oil	½ tsp bouillon powder
2 parsnips, peeled & cubed	250g frozen sweetcorn
3 medium-size leeks, sliced	250g packet cooked jumbo prawns
1 yellow capsicum, roughly chopped	250ml oat cream
2 sticks celery, sliced	Large handful of parsley, finely chopped
2 cloves garlic, crushed	Sea-salt & freshly ground black pepper

Half-fill a deep, lidded frying pan with boiling water and bring back to the boil before adding the bay leaves and haddock. Simmer gently for 3 minutes and then remove the fish and reserve 500ml of the liquid. Skin and flake the fish immediately, then put to one side.

Dry the frying pan and then melt the butter or oil and start gently sautéing the leeks. After a couple of minutes add the parsnip, pepper, celery and garlic and continue to cook for a few more minutes before adding the thyme and smoked paprika.

Throw in the frozen sweetcorn (no need to defrost) and stir briskly. Add the bouillon powder to the reserved fish stock and pour into the pan. Bring back to the boil gently and then simmer for 15 minutes. (Note: if you are going to save some for another meal or freeze you should decant half the mixture now and then only add half the fish and cream!)

Just before serving stir in the oat cream and then add the flaked fish and prawns to the centre of the pan. Season to taste, then serve to wide bowls, dusting with a little extra paprika and a generous scattering of chopped parsley.

Cajun Salmon & Black Bean Salsa

Serves 2

2 Wild, Sockeye Salmon fillets
Juice of ½ lime
1 tsp. Cajun spice
Sea-salt & freshly-ground black pepper

Lime Yoghurt:

2 tbsps. oat or coconut yoghurt
Juice of 1 lime

Salsa:

80g sweetcorn, steamed & drained
120g black beans, rinsed & drained
100g baby plum tomatoes, halved
Handful fresh chives
Handful, fresh coriander
1 avocado, peeled and diced

Preheat oven to 220°C. Brush each salmon fillet with lime juice and then sprinkle with the Cajun spice. Place onto a baking sheet lined with parchment and bake for 10-12 minutes.

Meanwhile, mix together all the ingredients for the salsa, stirring the avocado pieces in last.

Mix the oat yoghurt with the lime juice and then, when the fish is cooked, serve immediately surrounded by the salsa and with a generous dollop of the lime yoghurt.

Eggs

Herby Omelette

Serves 2

2 handfuls of kale fronds (stalk removed) 4 eggs
1 tbsp. finely chopped chives Sea-salt & freshly ground black pepper
Large handful of parsley, finely chopped 15g organic butter or 1 tbsp. olive oil
Large handful of tarragon, finely chopped Large handful, baby spinach leaves

Carefully de-stalk the kale, removing all tough, woody stems and then chop. Prepare the herbs and put to one side. Next, using just a table knife, lightly whisk the eggs, season and fold in the herbs. Melt the butter in a 24cm non-stick omelette pan over a medium heat and, when the butter starts to foam slightly at the edges, pour the mixture into the pan. Cook for 3-4 minutes or until you see the edges starting to look cooked. Scatter the spinach leaves over half the omelette and then fold in half carefully using a wide spatula. Cook for a further couple of minutes and serve to warmed plates with a green salad.

Skillet Mushrooms & Eggs

Serves 2

1 red onion, finely sliced 500ml carton chopped tomatoes
200g mushrooms 1 red pepper, sliced
1 tbsp. olive oil 4 organic, free-range eggs
1 tbsp. red harissa paste 100g olives
½ tsp. cumin powder 20g pine nuts
1 tsp. smoked paprika Sea-salt & freshly ground black pepper
2 garlic cloves, sliced a handful of coriander

Fry the onion for 5 minutes in the olive oil in a large pan. Finely chop half the mushrooms and slice the rest and then add to the pan with the onion. Add the garlic, harissa, smoked paprika, cumin and pepper then fry for another 2 minutes before pouring over the chopped tomatoes. Leave to simmer for about 5-7 minutes and then make 4 "wells" in the mix and crack an egg into each well. Cook for a further 15 minutes or until the whites are cooked through. Serve with pine nuts, olives, salt, pepper and coriander.

Green Skillet & Eggs

Serves 2

1 tbsp. olive oil 2 tbsp. "Free From" green pesto (e.g. Sacla)
1 leek, finely sliced 4 organic, free-range eggs
2 spring onions ½ tsp. chilli flakes
1 fat clove garlic, crushed Green olives
1 bunch Swiss chard Sea-salt & freshly ground black pepper
1 tbsp. lime juice (lemon will do!) a handful of fresh herbs (e.g. oregano)

In a wide frying pan, heat 1 tbsp. oil and sauté the leeks and onions for 10 minutes, until soft. Add the garlic and chard and cook for another few minutes, or until it looks wilted. In a small cup, blend together the lime juice, pesto and a few extra drops of olive oil and then pour this around the pan. Create 4 "wells" and break an egg into each one. Set your grill to medium-high and put the pan under the grill, cooking until your eggs are set or to your taste.

Sweet Potato Mash with Baked Eggs

Serves 2

2 sweet potatoes, peeled and chopped

4 sundried tomatoes, chopped

1 tbsp. olive oil

4 eggs

Handful of chives

Paprika

Sea-salt & freshly ground black pepper

Preheat the oven to 200°C. Place the potatoes in a pan with a small amount of water and simmer gently to steam cook the potatoes. Steam until the potatoes are soft, ensuring that there is always enough water in the pan (approx. 10 minutes). Meanwhile, grease an oven proof dish. Mash the potatoes and work in the olive oil, chives and sun-dried tomatoes, then season and transfer to the greased dish. Create 4 wells for the eggs and then break an egg into each one. Dust with paprika and an extra grind of black pepper and then bake for 10-15 minutes depending on how cooked you like your eggs.

Puy Lentils, Roasted Hazelnuts and Eggs "en Cocotte"

Serves 2

2 tbsps. chopped hazelnuts

1 can Puy lentils, rinsed & drained

6 spring onions, finely sliced

1 red pepper

2 sticks of celery

2 cloves garlic, crushed

1 tbsp. tomato puree (concentrate)

3 tbsps. Passata

1 tsp. smoked paprika

4 eggs

Sea-salt & freshly ground black pepper

generous handful of coriander

Preheat the oven to 170°C. Sauté the spring onions, celery and peppers for a few minutes before adding the lentils and crushed garlic; stir frequently until everything is well mixed before adding the paprika, tomato purée, Passata, salt, pepper and half the coriander. Cook gently for around 5 minutes and then pour into an ovenproof dish. Create 4 hollows and break an egg into each one. Bake in the oven for 15 minutes and then scatter the hazelnuts over everything before baking for a further 5 minutes (or until nuts are golden). Divide between warmed plates and serve with steamed vegetables or a green salad.

Plant-based/Vegan

Herby Green Lentils

Serves 2

1 can of green lentils, rinsed and drained
6 spring onions, finely sliced
2 cloves garlic, crushed
1 mug of petit-pois (defrosted)

Generous handful of parsley
Generous handful of coriander
Lemon or lime juice to taste
Salt, black pepper and lime wedges

Lightly sauté the spring onions and then toss in the green lentils, peas and crushed garlic; stir frequently until everything is well mixed and hot. Add in the parsley and half the coriander. Squeeze lemon juice over the lentils, season and sprinkle with the remaining coriander.

Puy Lentils with Roasted Hazelnuts

Serves 2

2 tbsps. lightly roasted hazelnuts
1 can of Puy lentils, rinsed and drained
6 spring onions, finely sliced
2 cloves garlic, crushed

generous handful of coriander (or parsley)
Juice of 1 lime
1 cup soya beans
1 cup garden peas

Lightly roast the hazelnuts in a medium hot oven for 5-6 minutes and then roughly chop them. Meanwhile, lightly sauté the spring onions and then toss the lentils and crushed garlic; stir frequently until everything is well mixed and add half the coriander. Steam the soya beans and peas for a 1-2 minutes. Squeeze lime juice over the lentils and then cover with the hazelnuts and remaining coriander. Serve with the vegetables

Vegetable and Cashew Nut Stir Fry

Serves 2

1 tbsp. of olive or sesame oil
Tender-stem broccoli, sliced
Handful of mange-tout, halved
8 spring onions, sliced
2 cloves garlic, crushed
8 baby sweetcorn, sliced

1 thumb size piece of ginger, finely sliced
1 green chilli
1 tbsp. Meridian Tamari soy sauce (gluten free)
1 tbsp. boiling water
2-3 tbsps. cashew nuts
Sea salt and black pepper

Prepare all vegetables, garlic and ginger. Heat the oil until really hot and then throw in the sweetcorn and cashew nuts. Stir briskly and then start to add the rest of the veg in this order: asparagus tips, mange-tout, spring onions, garlic and chilli. Then add the soy sauce, water and ginger to the pan and place the lid on. Simmer for 1 minute before serving with a little quinoa.

Note:

For the following recipes you can use pre-drained tofu like the one made by Tofoo Co. If using Cauldron tofu you will need to place the tofu block on several layers of kitchen paper. Press a plate over the top and gently press and drain out as much water as you can. Keep repeating this until no more moisture comes out and you have a firm-feeling block which is dry to touch.

Herb & Walnut-Crusted Tofu

Serves 2

1 pkt. *firm tofu, cut in half lengthwise
handful of thyme, minced
2 tps. olive oil

2 tbsps. Walnuts, finely chopped
1 tsp. tahini
Zest of 1 lemon

Preheat the oven to 200°C. Slice the tofu in half lengthways so you have 2 "fillets" of tofu. Mix together the tahini, lemon zest and olives oil and spread over the tofu. Place in the oven and bake for 7 minutes. Scatter the walnuts over each fillet and then bake for a further 4-5 minutes or until the walnuts are golden (watch carefully!). Delicious with Roasted Fennel & Red Pepper.

Hazelnut & Pesto Tofu Steaks

Serves 2

1 pkt. firm tofu, cut in half lengthwise
2 tbsps. hazelnuts, roughly chopped

2 tps. Pesto (I use Sacla "Free-from")
Black pepper

Preheat the oven to 200°C. Slice the tofu in half lengthways so you have 2 "fillets" of tofu. Spread each fillet thickly with pesto and then bake for 10 minutes. Remove and sprinkle each fillet with the hazelnuts and return to the oven for a further 3-4 minutes or until the hazelnuts are a rich golden colour (watch carefully as they will burn easily!) Serve immediately.

Smoked Tofu Chowder

Serves 2

225g pkt. Smoked tofu
30g coconut oil
2 parsnips, peeled & cubed
3 medium-size leeks, sliced
1 yellow capsicum, roughly chopped
2 sticks celery, sliced
2 cloves garlic, crushed

1 tsp dried thyme
1 tsp smoked paprika
500ml vegetable stock
250g frozen sweetcorn
250ml oat cream
Large handful of parsley, finely chopped
Sea-salt and freshly ground black pepper

Sauté the leeks, parsnip, pepper, celery and garlic and cook for a few minutes until the parsnip starts to soften and then add the thyme and smoked paprika.

Next add the sweetcorn (no need to defrost) and the stock. Bring back to the boil and simmer for 15 minutes. Just before serving stir in the oat cream, season to taste, then serve to wide bowls, dusting with a little extra paprika and a generous scattering of chopped parsley.

Roasted Mediterranean Vegetables – Tray Bake

Serves 2

1 large courgette, cut into large chunks
350g cherry tomatoes, halved
1 red pepper, cut into large chunks
1 small aubergine, cut into small chunks
1-2 tbsps. olive oil

1 tsp. herbes de Provence
Sea-salt and black pepper
225g pkt. plain tofu, cut into cubes
6 large basil leaves, roughly torn

Preheat the oven to 220°C. Place the courgette, aubergine and pepper into a shallow roasting tin, coat in a little olive oil, sprinkle with the dried herbs and roast for 15 minutes or until the aubergine pieces are soft. Add the tomatoes and tofu cubes to the dish and bake for a further 5 minutes. Liberally cover the vegetables with the torn basil and serve.

Chestnut, Broccoli, Mushroom & Tofu - Tray Bake

Serves 2

300g broccoli florets or Brussels' sprouts
200g whole chestnuts
300g closed-cup mushrooms, halved
1 yellow pepper, cut into chunks
1 tsp. oregano
1 tbsp. olive
6 sundried tomatoes
1 pkt. firm tofu, dried and cubed
1 tbsp. rose harissa
Sea-salt and freshly ground black pepper.

Preheat oven to 200°C. Divide the broccoli into small florets or cut the sprouts in half. Place all the vegetables onto an oiled baking sheet or Swiss-roll tin, brush with the olive oil and roast for about 15 minutes.

Meanwhile, tip the tofu cubes into a bowl along with the harissa and toss the cubes around until each one is well coated.

Remove the vegetables from the oven and tip the tofu cubes onto the vegetables and pop back in the oven for a further 5-8 minutes.

Mushroom & Smoked Tofu Stroganoff

Serves 2

1 tbsp. oil
1 medium white onion, chopped
2 large cloves garlic, crushed
2 sticks celery
250g large closed cup mushrooms, quartered
Smoked Tofu, cut in to cubes
40ml vegetable stock
1tsp Dijon mustard
1tsp nutmeg
½ tsp. mace
½ tsp. allspice
100ml oat cream
1tbsp fresh lemon thyme, chopped
Sea-salt & Freshly ground black pepper
Large handful parsley, chopped

Heat the olive oil in a frying pan and fry the spring onions and celery. Then add the garlic, thyme and mushrooms and continue cooking for a couple of minutes. Add the spices and stir until well mixed before adding the stock and mustard. Bring back to the boil and simmer gently for a few minutes before adding the tofu and cream. Season, scattered with the parsley and serve to warmed plates with steamed kale and quinoa.

Quinoa and Courgette Pilaff

Serves 2

125g Quinoa (cooked in 275ml water)
300g courgettes
1 large onion, finely sliced
1 tbsp. olive or coconut oil
A few sprigs of lemon thyme
Large handful of parsley, finely chopped
Lemon juice – to taste
50g pine nuts or cashews, lightly toasted
Sea-salt and freshly ground black pepper
1 cup of soya beans (defrosted)

Lightly toast the nuts in a dry frying pan over a medium heat for a few minutes. Watch them carefully and the minute they turn golden pour them onto a sheet of kitchen paper.

Finely chop the herbs using a mezza-luna or herb chopper but keep the 2 herbs separate. Slice the courgettes on the diagonal into 5mm thick slices. Place the frying pan back on a medium heat and add the oil and when hot add the onions, courgettes and thyme. Cook the vegetables for 5 -10 minutes or until they are soft and turning golden. Then add the garlic and cook for another minute. Finally stir in the quinoa, parsley and lemon juice and soya beans. Serve everything to warmed plates, scattering the nuts over the top.

Baked Falafels & Steamed Vegetables

Serves 2

Falafel Ingredients:

40g walnut pieces

40g sunflower seeds

40g pumpkin seeds

Handful basil leaves, chopped

½ tsp ground cumin

1 clove garlic, crushed

Grated zest of 1 lime

50g pitted green olives, chopped

6 sun-dried tomatoes, finely chopped

½ tsp. smoked paprika

Sea-salt and black pepper

1-2 handfuls of Mange-tout

1 cup of petit pois

1 x 200g pack of tender-stem broccoli

Preheat the oven to 175°C. Place all falafel ingredients into a food processor and blend until completely mixed. Scoop out 1 dessertspoon of mixture at a time and form into a ball with your hands. Place on a lightly oiled baking sheet and bake for 10-12 minutes.

Fill a vegetable steamer with the broccoli and steam for a minute then add the mange tout and peas on top and steam for a further minute. Pile the vegetables high on the plate and then arrange the falafels alongside.

Creamy Cauliflower and Broccoli Korma

Serves 2

1 tbsp. coconut oil

1 onion, finely diced

1 tsp. ground cinnamon

½ tsp. turmeric

Thumb size piece of fresh ginger

2 cloves garlic, crushed

1 red chilli, finely diced

8 cardamom pods

100g cashew nuts

200ml boiling water

1 tbsp. lemon juice

1 tsp. white wine vinegar

½ head each of cauliflower & broccoli

Sea-salt and freshly ground black pepper

Place the cashew nuts in a bowl, cover with the boiling water and leave to soften.

Sauté the onion in the oil over a gentle heat until soft, then add the garlic, chilli, ginger, turmeric and cinnamon and stir for a further minute. Open the cardamom pods to release the seeds and then crush the seeds and add them to the pan.

Pour the cashew nuts (and water) into a blender and whizz to a cream. Add the contents of the pan to the blender and whizz again until everything is blended and smooth. Return the mixture to the pan, add the lemon juice and vinegar before gently reheating. Break the cauliflower and broccoli into florets, steam for a few minutes and then serve with the cashew sauce poured over the top.

Cannellini Bean & Cashew Patties

Serves 2

1 can cannellini beans, drained

60g cashew nuts, ground

1 tbsp. almond nut butter

1 dsp. pesto

Preheat the oven to 200°C.

2 crushed garlic cloves

1 tsp of grated ginger

Sea-salt & black pepper

Handful of parsley, finely chopped

Place the beans in a food processor and whizz to a paste. Add all other ingredients and blend until fully combined. Roll into balls and then squash into patties (makes four medium patties or eight small ones). Grease a baking sheet and bake the patties for 5-7 minutes on each side.

Fragrant Vegetable Risotto

Serves 2

100g wholegrain basmati rice

300ml. vegetable stock

1 tbsp. olive oil

3-4 cloves garlic

5-6 runner beans or green beans, sliced

1 small courgette, diced

Zest of 1 lemon

Juice of ½ lemon

1 dsp. coriander seeds

1 dsp. cardamom seeds

2 handfuls of hazelnuts

Fresh coriander, chopped

Sea-salt & black pepper

Parmesan flakes (optional)

Rinse the rice, cover with the boiling stock and place in a lidded-saucepan. Return to the boil and then turn the heat down so the rice simmers very gently. Check after 30-35 minutes – the rice should completely tender all cooking liquid should have evaporated but, if not, cook for a further 5 minutes.

While the rice is cooking you can prepare the other ingredients:

Roast the hazelnuts in a medium hot oven for around five minutes or until they are golden; cool and then slice in half.

Remove the seeds from around 10 cardamom pods and whizz in a coffee grinder until finely ground – you should be left with 1 generous teaspoon.

Grind the coriander seeds next or use 1 teaspoon of ground coriander.

Heat the olive oil in a frying pan with a lid. Over a medium heat, add the garlic and cook gently, stirring occasionally. Next add the ground seeds, stirring into the oil until you have a paste and then add the vegetables; stir well until all the vegetables are lightly coated in the spice oil. Add the cooked rice, the lemon juice and 60ml of boiling water. Turn the heat up, put the lid on and leave to simmer for 3-4 minutes.

Just before serving, season well, stir in the lemon zest, sprinkle with the fresh coriander and scatter with the hazelnuts and parmesan. Serve with sliced avocado and steamed tender-stem.

Salads

Quinoa & Puy Lentil Tabbouleh

Serves 4

160g Puy lentils, rinsed
160g quinoa
775 ml boiling water
2 tsps. brown rice miso
1 large red chilli, de-seeded & diced
Zest from 1 lemon
2 large handfuls curly parsley

Dressing:
3 tbsps. olive oil
1 tbsp. white balsamic
½ tsp. Dijon mustard
½ tsp. miso
Black pepper

Place the lentils and quinoa in separate, small, lidded saucepans, then cover with boiling water (approx. 400ml for the lentils and 375ml over the quinoa) and stir a teaspoon of miso into each pan. Bring both pans to the boil again and then leave to simmer gently for around 15-20 minutes. Continue to cook the lentils for a further 10 minutes and then turn your attention to the quinoa; it should be nearly cooked so stir and fluff with a fork, ensuring no grains are sticking to the bottom of the pan. If there's any moisture remaining then leave the pan over a slight heat until the seeds are all "popped" and moisture absorbed. The lentils should be tender after 30 minutes with all moisture absorbed.

Tip both grains into a large wide bowl, blend the grains together and leave to cool. Meanwhile, blend together all the dressing ingredients. When the grains are cool, add all remaining ingredients, drizzle with some dressing and stir well to combine.

Quinoa & Green Lentil Tabbouleh

Serves 2-3

1 can green lentils
100g cooked quinoa*
Juice and zest of 1 lemon juice
Large handful fresh parsley, minced
Large handful fresh mint, minced

2 sticks celery, finely diced
1 large yellow pepper, finely diced
Small can of green olives, halved
Chives, finely chopped (optional)
Sea-salt and freshly ground black pepper

Mix together the quinoa and lentils until well combined. Then add the celery, pepper and olives. Next stir in the lemon zest, juice and the herbs. Chill until ready to eat.

*You can cook extra quinoa (as per above recipe) and the rest can be frozen or kept for lunch.

Crunchy Garden Salad

Serves 2

2 large handfuls of watercress or rocket
1 medium avocado, sliced
40g edamame beans (defrosted)
2 sticks celery, very finely sliced
1 cup sugar-snap peas, sliced

½ can chickpeas, drained
1 dsp. Salad Dressing or Aquafaba mayonnaise
Handful of parsley, finely chopped
Handful of mint, finely chopped
Sea-salt and freshly ground black pepper

Arrange the leaves on each plate and then layer with the celery, beans, sugar-snaps, chickpeas and sliced avocado. Scatter with herbs, and drizzle with dressing or mayo just before serving.

Greek Salad

Serves 2

6 large cloves of garlic (in their paper)
2 handfuls baby spinach leaves
2 handfuls rocket
½ fennel bulb, finely sliced
6-8 Pomodorino tomatoes, halved
8 dry black olives – pitted
4 sun-dried tomatoes (in oil)
100g Barrel-aged feta or Smoked tofu
Walnuts

Basil leaves, torn
Pink peppercorns

Dressing:

3 tbsps. Avocado oil
1 tbsp. sherry balsamic
½ tsp. Dijon mustard
Generous handful of mint leaves (minced)
Sea-salt

Preheat oven to 200°C. Roast the garlic for 15-20 minutes or until the paper starts splitting. Divide the rocket and spinach between 2 plates, followed by the fennel, tomatoes, olives and sun-dried tomatoes. Cut the feta into 2 slabs and place in the middle of the salad. Scatter with the torn basil, roasted garlic and some pink peppercorns. Finish with a drizzle of the dressing.

Chicken Caesar Salad

Serves 2

2 little gem lettuce
2 sticks of celery, finely sliced
1 handful of fine green beans, sliced
2 organic chicken breasts, sliced

1 avocado, peeled and sliced
¼ cucumber, peeled and sliced
1 packet of radishes, sliced
Sea salt & freshly ground black pepper

Prepare the salad onto 2 plates– starting with a bed of lettuce leaves and then layering all other ingredients on top. Heat some oil in a wide-based frying pan and when hot add the chicken pieces. Fry for 2 minutes on either side and until golden on the outside. Check that all pieces are completely cooked and then serve onto the salad with the Caesar dressing.

Ginger-spiked Green Salad

Serves 2

2 handfuls rocket
2 handfuls watercress
3 sticks celery or ½ fennel bulb
Large chunk cucumber, peeled
2 handfuls mangetout, sliced
Handful fresh herbs -
(e.g. parsley, coriander or basil)

Dressing:
2 tbsps. olive or avocado oil
2 tsps. white balsamic
½ tsp. Dijon mustard
Sea salt & freshly ground black pepper
"thumb" of ginger, peeled & grated

Arrange the leaves between 2 plates and then layer with the remaining ingredients. Whisk together the dressing ingredients and then drizzle over the salad when you are ready to eat.

Ultimate Waldorf

Serves 2

2 handfuls of watercress
2 sticks of celery, finely sliced
1 granny smith apple , finely diced
Juice of 1 lime

1 tbsp. Caesar dressing
½ packet of firm smoked tofu (e.g. Tofoo)
1-2 tbsps. walnuts, broken
Sea salt & freshly ground black pepper

Place a handful of watercress on each plate and then cover with the celery and apple. Pour the lime juice over the apple and then add the cubes of tofu. Drizzle the dressing over everything and top with the nuts before serving.

Fennel, Asparagus & Courgette Salad

Serves 2

Salad Ingredients:

2 Courgettes, grated
100g pkt. fine asparagus
1 large bulb fennel
Handful green olives
Handful edamame beans
Greek basil

Dressing Ingredients:

Large handful of Greek basil
4 tbsps. avocado oil
1 tbsp. sherry vinegar
1 tsp. Dijon mustard
2 tsps. capers
Sea-salt & freshly ground black pepper

Freshly ground black pepper to taste

First make the dressing; whizz the basil leaves in a blender or chop with a mezzaluna until you have a green pulp. Add the oil to the leaves gradually, continue to blend whilst adding the oil. Then add all remaining ingredients, in the order listed, and blend well until you have a smooth glossy dressing. Chill until you are ready to use it.

Blanch the asparagus stems by placing in a tall mug and filling with just boiled water. Aim to cover most of the stem but leave the tips out of the water. Then prepare the fennel. I use a mandolin to get thin slices but if you don't have one then use a sharp knife.

To assemble the salad, arrange the grated courgette in a salad bowl and cover with the asparagus, fennel, olives, edamame beans and basil. Just before serving, drizzle with the dressing and grind a little black pepper over the top.

Asparagus & Pistachio Salad with Puy Lentils

Serves 2

1 large bunch of asparagus
2 tbsps. pistachio nuts
1 tbsp. capers, rinsed

handful of parsley, chopped
Sea salt & black pepper
1 tsp. lemon zest

First, blend together all the dressing ingredients until you have a pale and creamy dressing. Then carefully wash the asparagus in a large sink-full of water – I add a dash of vinegar which can help to kill bacteria lurking in the asparagus heads. Then place in a steamer and steam for a 1-2 minutes. Remove the tips from the steamer and arrange on a plate so they cool quickly and stay crisp. Scatter with the capers, parsley and lemon zest, drizzle with dressing and the sprinkle the pistachio on top. Serve with the Puy Lentils.

Simply Cooked Puy Lentils

1 onion, finely sliced
1 carrot, peeled and finely diced
2 sticks celery

1 tsp. Herbes de Provence
75g Puy lentils
180ml vegetable stock

Heat some olive oil in a wide saucepan over a medium heat. Add the sliced onion, celery and carrot and sauté, stirring occasionally, for about 5 minutes or until the onion is beginning to soften. Next, stir in the lentils, stock and freshly ground black pepper. Bring to the boil, then reduce the heat and simmer for 15-20 minutes or until the lentils are tender but still holding their shape, and the stock is absorbed.

Broccoli & Roasted Chickpeas with Tangy Tahini Dressing

Serves 2

1 medium head broccoli
Handful of parsley, finely chopped
4 vine-tomatoes, quartered
2 handfuls of rocket
Freshly ground black pepper
2 tbsp. roasted chickpeas

Dressing:
15ml lime juice
1tbsp. Tahini
1 tbsps. Olive oil
1 tsp. honey (optional)
1tsp. Tamari sauce

Place all the ingredients for the dressing in a screw-top jar. Shake vigorously until well blended and the dressing looks creamy. Steam the tender-stem and arrange on plates or lunch boxes along with the tomato and rocket. Drizzle with the dressing and serve with the chickpeas.

Roasted Chickpeas

1 x 400g tin chickpeas, rinsed and drained
1 tbsp. smoked paprika
1 tbsp. ground cumin
½ tsp. ground cinnamon
2 tbsps. olive oil
Sea-salt and black pepper

Preheat the oven to 200°C. Add the oil and spices to a medium bowl and whisk with a fork until well mixed. Add the chickpeas and stir until well-coated. Spread the chickpeas out on a large baking tray and bake for around 30 minutes but stirring every 10 minutes. When cooked the chickpeas will have shrunk in size and will become crunchier as they cool.

Sweet Potato, Baby Kale & Avocado Salad

Serves 2

2 sweet potatoes, peeled and cubed
1 tsp. mixed herbs
1 small can of garlic stuffed green olives
1 avocado
Handful of broken walnuts
1 bag of baby kale
Sea-salt and pepper
1-2 tbsps. Tangy Tahini Dressing

Place the potato cubes on a roasting tray, sprinkle with the herbs and drizzle with a little olive oil. Bake in a hot oven (190°C) for about 25 minutes or until the cubes are soft.

Meanwhile, cut the avocado into chunks and place in a salad bowl with the olives. Once the sweet potatoes are cooked, remove from the oven and leave to cool for a few minutes. Then assemble the salad by dividing the rocket between the plates, covering with the avocado, olives and sweet potatoes. Serve drizzled with dressing.

Carrot, Orange & Cashew Salad

Serves 2

2 small carrots
1 orange
1 orange or yellow capsicum
handful of pitted black olives, halved
50g cashew nuts
2 fresh dates, finely sliced
½ tsp smoked paprika
sea-salt and freshly ground black pepper

Very finely slice the carrots into a salad bowl – you could use a vegetable peeler. Then carefully peel the orange taking care not to break the flesh but ensuring all white pith is removed. Place the orange on a plate and on its side and cut into slim slices (again you will need a good knife). Tip the plate at an angle and slide the orange and juice into the salad bowl. Next slice the capsicum and dates; add these to the bowl with the cashew nuts and then tap the paprika across the top of the salad so that everything gets a light covering. Add salt and pepper to taste and give the salad a good stir so that all the seasoning is well mixed.

Avocado, Edamame and Mint

Serves 2

2 large handfuls of watercress or rocket
1 medium avocado, sliced
30g edamame beans (defrosted)
1 stick celery, very finely sliced

1 dsp. Salad Dressing
Handful of mint leaves, finely shredded
Sea-salt and freshly ground black pepper
Cubes of tofu or tempeh (optional)

Arrange the leaves on your plate and cover with the juice of half a lemon or lime. Gently massage the juice into the leaves and leave them to one side for 15 minutes. Add the avocado, celery, peas and mint. Season and drizzle with dressing before serving with the cubes of tofu.

Apricot, Tofu & Vine Tomato Salad

Serves 2

½ bag watercress leaves
4 apricots, halved & then sliced
4-6 small vine tomatoes
10 Kalamata olives
1 pkt. firm tofu

Handful of fresh parsley, minced
1 dsp. Salad Dressing
1-2 tbsps. pumpkin seeds
Grated lemon zest
Sea-salt & freshly ground black pepper

Place salad leaves on each plate and then cover with the apricots and tomatoes. Press the tofu until no more liquid drains out and then cut into cubes and arrange on the salad along with the olives. Just before serving, drizzle with dressing and scatter with the pumpkin seeds, parsley and lemon zest. Season to taste before serving.

The Grate Salad

Serves 1

1 medium carrot
Handful of cauliflower florets (45g)
Handful of broccoli florets (45g)
1 stick celery

Juice of 1 lime
2 tbsps. tahini
1 tsp. white miso
Sea-salt and freshly ground black pepper

Grate the vegetables separately or use a food processor. Arrange in individual mounds on a plate. Blend together the lime juice, tahini, miso salt and pepper then drizzle over everything.

Mango & Watercress Salad

Serves 2

½ cucumber, peeled and sliced
Flesh from 1 small mango, cubed
3 sticks celery, finely sliced
120g bag of watercress
1 chilli, very finely chopped
Large handful of parsley

Juice of ½ lime
1 tsp. white miso
1 tbsp. grape or walnut oil
Handful of lightly toasted cashews
Sea-salt and freshly ground black pepper

Fill the bottom of a salad bowl with watercress and then layer the cucumber, mango and celery on top. Scatter the chilli and parsley on top. Blend together the lime, miso and oil and pour over the salad. Serve the salad scattered with cashew nuts.

Side Vegetables

Smashed Peas

400g defrosted garden peas
Handful of thyme or parsley, chopped
1 tbsp. coconut cream
Sea-salt and black pepper to taste
Lime or lemon juice

Place the peas in a large pan, cover with hot water and bring to the boil. Drain and immediately add the other ingredients. Using a potato masher smash up the peas until roughly broken. Serve whilst still hot with some a squeeze of lime or lemon juice.

Roasted Courgettes & Red Pepper

2 medium courgette
1 dsp. olive oil
1 red pepper
Sea-salt and black pepper

Preheat the oven to 220°C. Cut the courgette into 3cm thick chunks and throw into roasting tin. Cut the pepper in quarters and then cut each piece in half so you have 8 chunks. Very lightly coat all the vegetable pieces with olive oil and roast for 20 minutes.

Roasted Parsnip & Fennel

2 medium bulbs Fennel
1 dsp. olive oil
2 medium parsnips,
Sea-salt and black pepper

Preheat the oven to 220°C. Cut each fennel into quarters cut each piece in half so you have 8 chunks and add to a roasting tin. Cut the parsnips into cubes. Very lightly coat all the vegetable pieces with olive oil and roast for 20 minutes.

Hot 'n' Spicy Broccoli & Cashews

1 tbsp. of sesame oil
200g pkt. Tender-stem broccoli, blanched
2 Handful sugar snaps, halved on diagonal
1 large clove garlic, crushed
1 red chilli, deseeded and finely chopped
Dash of Meridian Tamari soy sauce (gluten free)
35g cashew nuts
Sea salt and black pepper

Prepare the vegetables and garlic. Heat the oil and throw in the broccoli and nuts. Stir briskly, tossing the nuts so they start to turn golden on all sides. After a few minutes, turn the heat down and add the chilli and garlic with a dash more oil if needed. Once the garlic and chilli have softened, add the soy sauce and serve immediately to warmed plates.

Serve with a generous dollop of Best Ever Hummus for a simple weekday meal.

Wilted Kale & Spinach

3 handfuls kale, shredded
1 tsp Dijon mustard
100g bag of baby spinach
½ tsp. ground nutmeg
½ tsp. ground mace
Sea-salt and crushed pink peppercorns

Add 1 tbsp. boiling water to a large frying pan and add the Kale. Simmer for 2 minutes or until the kale turns a brighter shade of green. Stir in the mustard and then fold in the spinach leaves until the wilt as well. Serve immediately.

Minty Peas & Green Beans

1 cloves garlic, crushed
1 tsp olive oil
1 packet of green beans, chopped into thirds

1-2 mugs of garden peas (defrosted)
2 tbsp. chopped mint leaves
Sea-salt, black pepper & a dash of balsamic vinegar

Steam the vegetables for 1 minute. Meanwhile, in a medium-size pan, cook the garlic in the oil for 2 minutes. Then add the steamed vegetables and all remaining ingredients and serve.

Carrot & Butter Bean Mash

5 large carrots, sliced
½ tsp mixed spice
1-2 tps. nut butter

1 can butter beans, mashed
Sea- salt & black pepper to taste
Lemon wedges to serve

Steam the carrots gently until tender (10 minutes). When the carrots are cooked, drain and mash them adding in the nut butter, mashed beans, mixed spice, sea-salt and pepper. Serve immediately or spoon into an oven dish and place in a warm oven until ready to serve.

Grilled Asparagus

1 bunch of asparagus
Coconut oil

Sea- salt & black pepper to taste
Finely chopped fresh herbs.

Trim off the tough, woody ends of the asparagus and then heat a griddle pan to a high heat, add the coconut oil and let it melt before placing the asparagus across the griddle. Cook for 3–4 minutes until char lines appear and then serve scattered with the chopped herbs.

Spinach & Cashews

15g salted butter or 1 tbsp. olive oil
75g cashews
1 clove garlic, crushed
½ tsp. nutmeg

Pinch of mace (or use more nutmeg)
½ tsp. sumac
260g bag of young spinach leaves
Sea-salt and freshly ground black pepper

Melt the butter in a deep, lidded frying pan and then sauté cashew nuts for a couple of minutes. Add the garlic and stir for another 30 seconds before adding the spices and spinach. Turn the heat down, put the lid on the pan and leave to cook for 1-2 minutes. Serve immediately to warmed plates.

Citrus Quinoa

Serves 2

125g Quinoa
275ml boiling water
1 tsp. Bouillon powder

Juice of and zest of 1 lemon juice
3-4 cloves of garlic - crushed
Fresh parsley, chopped

Place quinoa and Bouillon powder in a pan with a snug fitting lid and pour the boiling water over it. Bring back to the boil and then turn down the heat and leave to gently simmer for 10 minutes. Then take off the lid, turn down the heat and continue on a very gentle heat for another 3-5 minutes or until all the water has been absorbed. Quinoa is really a seed and when it is cooked the seeds should be translucent and soft.

Other Side Dishes

Tamari Cashews

30g pumpkin seeds
1tbsp. Tamari sauce

1tsp. sesame oil

Mix the cashew nuts, tamari and oil together in a small bowl until the seeds are well coated. Toast in a medium hot oven for 3-5 minutes – watch them “like a hawk” as they burn easily!

Herby Dumplings (to serve with soups or salads)

100g white beans (e.g. cannellini)
50g pumpkin seeds, ground
1 large clove of garlic
Zest of 1 lemon

8 large basil leaves
Handful parsley
1 dsp. tahini
Sea-salt & freshly ground black pepper

Add everything to a blender and whizz until smooth. Scoop out a spoon of mixture at a time and form into little balls or dumplings.

Walnut & Herb Polenta Cakes

150g quick-cook polenta
50g walnuts, broken
800ml boiling water

1 clove garlic, crushed
1tsp. Herbs de Provence
1tsp. bouillon powder

Pour the water into a large pan and add the bouillon powder, garlic and herbs. Lower the heat and add the polenta slowly. Stir until thick and smooth, then add the walnuts. Pour the mixture into a 30cm square, lined baking tray lined and refrigerate for 1 hour.

Turn the polenta onto a chopping board, cut into large squares and place on a griddle pan. Bake in a hot oven (190°C) for 10-15 minutes.

Simple Guacamole

1 small clove garlic, crushed
1 avocado
1 tbsp. lime juice
½ small chilli, finely chopped

1 tomato, finely chopped
Few drops of balsamic vinegar
Handful of coriander or parsley
Pinch of sea-salt and freshly ground pepper

Mash the avocado rough, with a fork and then gently fold in all the other ingredients. Will keep for 1 day stored in an airtight container in the fridge.

Best Ever Hummus

1 x 400g tin chickpeas, rinsed and drained
2-3 cloves of garlic, crushed
2 tbsps. tahini
2 tbsps. lemon juice

1-2 tbsps. olive oil
Sea-salt and black pepper
½ tsp of smoked paprika
1 tbsp. toasted pine-nuts (optional)

Add the chickpeas to a blender with the garlic, tahini, and lemon-juice and start to blend. Then add the olive oil gradually to the mixture until you reach the consistency you prefer. Season well and add in the paprika before blending some more. This keeps well for up to 3 days in the fridge, if stored in a plastic box with a secure lid.

Dressings & Dips

Green Herb Dressing

2 cloves garlic, crushed
½ tsp sea salt
20g bunch of oregano (or coriander if preferred)
40g bunch of parsley
6 tablespoons of virgin olive oil
4-5 tbsps. freshly squeezed lemon juice.
2 tbsps. of ground almonds (optional)
Sea-salt and black pepper

Whizz everything in a blender until you have a glossy green sauce.

Cashew Hollandaise

150g cashew nuts
60ml boiling water
1 clove of garlic, peeled
½ tsp. turmeric
Zest & juice of 1 lemon
1 tbsp. olive oil
2 tps. nutritional yeast flakes
Sea-salt & freshly ground black pepper

Soak the cashew nuts overnight. Blanch the garlic clove in boiling water for 10 minutes (or more if you have the time). Drain the nuts and add to a high speed blender along with the oil, lemon juice, zest and nutritional yeast flakes. Start adding the boiling water slowly whilst continuing to blend until you have a smooth and creamy mixture. Season to taste then give it a final whizz prior to serving.

My “go to” Salad Dressing

6 tbsps. olive oil
2 tbsps. balsamic vinegar
½ tsp. chili flakes
1 tsp. Dijon
½ tsp. mixed dried herbs
Salt and Pepper

Pour all ingredients into a screw-lid jar and shake until blended. Keeps for a week in the fridge.

Watercress Pesto

3 clove of garlic – crushed
8 large basil leaves
½ bag of watercress
60g pumpkin seeds
2-3 tbsp. lemon juice
2 tbsps. cold-pressed sesame oil or olive oil
Sea-salt & black pepper

Whizz together all ingredients although add the oil & lemon juice cautiously to ensure the pesto is thick enough.

Caesar Dressing

60g pine nuts
1 clove garlic, crushed
2 celery stalks
2 tbsps. cider vinegar
2 tbsps. of lemon juice
1 tbsp. tamari soy sauce
1 tbsp. white miso paste
125ml water

Whizz the nuts in a blender first and then add all other ingredients and blend until smooth and creamy. Keeps well for up to 4 days in the fridge.

AquaFaba Mayonnaise

50ml. aquafaba (from a can of chickpeas) 1 tsp. white wine vinegar
150ml. avocado or grapeseed oil ½ tsp. ground cumin
½ tsp. smoked salt or sea salt ½ tsp. turmeric

Add the aquafaba, vinegar, salt and spices to a blender or immersion blender beaker and then slowly add the oil, blending continuously. Slowly the mixture will thicken; keep blending for at least 2 minutes until you have a smooth, creamy “mayo”! Store in the fridge for up to a week.

Tangy Herb Sauce

3 tbsps. olive oil 1 tsp. sweet miso
1 tbsp. lemon juice 6 green olives, stuffed with anchovies, sliced
1 tsp. white wine vinegar Small clove of garlic, crushed
Zest from 1 lemon Handful parsley, chopped
1 tbsp. tahini Handful of thyme, chopped
1 Medjool date, minced Sea-salt and freshly ground black pepper

Blend together the olive oil, lemon juice and vinegar until emulsified. Add the tahini, lemon zest, date, miso and garlic. Blend a little more. Finally add the herbs and olives and blend again. Season with pepper and add salt cautiously – may not be required.

Almond Romesco

2 red peppers, de-seeded and quartered 1 large plum tomato
50g whole un-blanched almonds 1 tsp. balsamic vinegar
2 cloves garlic, crushed 1 tbsp. tahini
1 small red chilli Sea-salt and freshly ground black pepper

Preheat the oven to 200°C. Place the almonds and peppers in the oven to roast. The almonds will be done in a few minutes – watch them carefully and remove from the oven as soon as the skin darkens! Leave the peppers until the skin starts to wrinkle and blister a little (normally takes 5-7 minutes). Whizz the nuts in a high speed blender until ground and then add the pepper and all other ingredients, blending to a creamy consistency. Season and add a little extra vinegar and some olive oil if you feel your mixture is too thick. This keeps well for several days if stored in a lidded container in the fridge.

Salsa Verde

2 clove of garlic – crushed 1 tsp. lemon zest
Large bunch of parsley 1 tbsp. lemon juice
Handful of chives 4 tbsps. cold-pressed sesame oil
1 tbsp. capers 1 tsp. Dijon mustard
½ tin anchovies (approx. 15-20g) Sea-salt & black pepper

Whizz together all ingredients in a high speed blender, adding more oil if necessary

Soups

Mushroom & Butter Bean Soup

Serves 2-4

1 tbsp. olive or coconut oil
1 onion
1 clove of garlic
500g punnet of mushrooms, washed & sliced
700ml of vegetable stock
1 x 400g can of butterbeans
Sea-salt and freshly ground black pepper
Large handful o parsley

Heat the oil and fry the onion for 2-3 minutes. Then add the garlic and mushrooms and cook gently for 3-4 minutes. Pour in the stock and the butterbeans and simmer for 10 minutes. Add the parsley, season and then blend until smooth using a stick blender.

Vibrant Green Soup

Serves 2-4

1 white onion, finely sliced
2 cloves garlic
1 tbsp. freshly grated ginger
1 green chilli, sliced
1 parsnip, peeled & diced
2 courgettes, diced
400g frozen garden peas, defrosted
600ml vegetable stock
180g bag of spinach leaves
Fresh mint leaves, minced
Sea-salt & black pepper

Sauté the onion in a little olive oil until soft. Add the garlic, chilli, parsnip and enough vegetable stock to cover all the ingredients in the pan. Simmer for 10 minutes or until the parsnip has softened and then add the peas, courgettes and the remaining stock. Bring to the boil and simmer for a further 3-5 minutes, then throw in the spinach and mint leaves, allowing them to wilt before removing the pan from the heat and blending with a stick blender. Season to taste and serve.

Carrot & Ginger Soup

Serves 2-3

1 red onion, finely chopped
1-2 tbsps. olive oil
1 red chilli, finely chopped
3 cloves garlic, crushed
5cm piece of root ginger, peeled & grated
750g organic carrots, peeled and diced
½ tsp smoked paprika
1 tsp. mixed spice
650ml vegetable stock
Sea-salt & freshly ground black pepper

Sauté the onion and chilli in some olive oil until soft. Then add the carrots and stir for a minute or so. Add the ginger, garlic and paprika to the pan and start to add in some stock. Prepare a jug of stock but to start with only add enough to cover the vegetables and leave to simmer for 5 minutes. Then, add more liquid, if necessary, and simmer for a further 5 minutes or until the carrot chunks are soft (this will depend on the size of chunks you used). Blend with a handheld stick blender or pour into a jug blender and blend until smooth.

“Cure-all” Soup

Serves 2-4

400g cherry tomatoes, halved	2 tbsps. tomato puree concentrate
2 tbsps. extra-virgin olive oil	1 tbsp. rose harissa paste
2 “banana” shallots, finely sliced	550ml vegetable stock
2-3 large sticks celery, finely sliced	1 tsp. Marmite
3 cloves garlic, crushed	400g can cannellini beans
50g tin anchovies (well-drained)	Generous handful of parsley, chopped
400g mushrooms, sliced thickly	Freshly ground black pepper

Preheat oven to 200°C. Place the tomatoes into an oiled roasting tin, season with a little salt and a few grinds of black pepper and roast for 10 minutes or until they look a bit wrinkly! Meanwhile, gently sauté the shallots and celery in the olive oil, for a few minutes, then add the garlic and continue to cook gently for another minute, before adding the mushrooms. Keep stirring the mushrooms until they turn dark and then snip the anchovies into the pan, allowing them to “melt” into the mushroom juices.

Next add the tomato puree and rose harissa to the pan; stir quickly so that everything is well mixed and then add the roasted tomatoes. Whisk the Marmite into the boiling stock, add to the pan, along with the cannellini beans, and bring to a simmer. Cook for 10 minutes, then check seasoning before serving to warmed bowls with a generous sprinkle of parsley. Serve with tempeh “croutons” for a more substantial meal.

Carrot & White Bean Soup

2 shallots, sliced	1 tsp. ground coriander
1-2 tbsps. olive oil	1 tsp. ground turmeric
5 cloves garlic	1 tsp. smoked paprika
350g carrots, cleaned & cut into chunks	900ml boiling water
150g cannellini beans	2 tsps. white miso
Generous pinch chilli flakes	Fresh herbs (e.g. basil) finely chopped
Pinch of ground cloves	Sea-salt & freshly ground black pepper
1 tsp. ground cinnamon	

Preheat the oven to 180°C. Place the carrots and garlic into an oiled roasting tin and brush everything with extra olive oil until lightly coated; once the oven is at temperature, roast for 15-20 minutes or until all pieces are soft.

Meanwhile, in a large pan, fry the shallots over a gentle heat until soft (around 7 minutes). Lower the heat and add all the spices to the pan, stirring into the onion until everything is well-mixed. Stir over the gentle heat for a couple of minutes allowing the spices to warm so the kitchen fills with their aroma!

Once cooked, add the carrot and garlic along with the boiling water. Blend the miso (or bouillon) into 60ml of boiling water and stir until completely blended before adding to the pan. Bring everything to the boil and then turn down to a simmer. Whizz everything with a stick blender, adjust the seasoning to taste and then serve to bowls with fresh herbs, pea hummus and the pumpkin seeds sprinkled on top.

Roasted Tomato & Pepper Soup

Serves 2-4

1 red onion, peeled & quartered

1-2 tbsps. olive oil

4 cloves garlic, peeled

9 round tomatoes, quartered

1 large red pepper, cut into large pieces

1 courgette, cut into chunks

1 small sweet potato, peeled and diced

500ml carton passata

100ml boiling water

1 tbsp. tomato puree

1 tbsp. balsamic vinegar

Pinch of smoked paprika

Fresh basil leaves (lots), finely chopped

Sea-salt & freshly ground black pepper

Preheat the oven to 180°C. Prepare all the vegetables and place in a large roasting tin. Drizzle with olive oil and then toss the vegetables around until all the pieces are lightly coated in oil. Roast the vegetables for 20 minutes or until the pepper has softened. Add all the vegetables to a pan along with the passata, boiling water, tomato puree, paprika and vinegar and bring to simmer point. Season to taste and then whizz everything with a stick blender before serving to bowls with the basil sprinkled on top.

Red Lentil Soup

Serves 2

180g red lentils

900 ml vegetable stock

1 tbsp. oil

1 onion, finely chopped

2-3 cloves of garlic, chopped

1 tsp. cumin powder

2cm piece ginger – peeled and finely grated

1 tsp ground coriander

a good handful of fresh coriander, chopped

Black pepper and sea- salt to taste

Heat the oil in a large saucepan and sauté the onions. Once the onions are soft add the cumin, coriander and lentils and stir for a minute or so. Then add the ginger, garlic and stock and bring to the boil. Return to a gentle simmer for 30 minutes – check frequently and add more liquid if required. Before serving, season and add the fresh coriander.

Parsnip, Apple & Ginger Soup

Serves 2-4

500g parsnip, peeled & cut into chunks

25g butter or coconut oil

2 large apples, peeled, cored & sliced

1 Spanish onion

3-4 cloves garlic, crushed

1cm piece of ginger, peeled & grated

1 tsp. turmeric

½ tsp. cumin

2 tsps. runny honey

850ml vegetable stock

Sea-salt & freshly ground black pepper

Fresh mint leaves

Preheat the oven to 200°C. Place the pieces of parsnip on a baking tray, cover with slithers of butter and then drizzle the honey on top. Pop in the oven for a few minutes before removing and giving a good stir so that all the pieces are coated in butter and honey; roast for around 15 minutes or until soft.

Meanwhile, in a large saucepan, sauté the onion in the remaining butter until soft and then add the apple, ginger, garlic and spices and stir over a medium heat for a couple of minutes before adding the stock. Bring to the boil then add the parsnip pieces and leave to simmer for a few more minutes.

Blitz the mixture with a stick blender until smooth, season to taste, and then serve to bowls scattering the fresh mint on top.