

HEALTHY RECIPES COOKBOOK

From our Members • 2018



Super Breakfast Smoothie

Nick Clewer

- 1 Banana (an excellent source of potassium, vitamin B6, fibre and carbohydrate, and some vitamin C)
- Handful of Blueberries (Combat aging, Boost the Brain, Fight Cancer, Support Digestion, Promote Heart Health)
- Tablespoon of Goji Berries (Protein, complex carbs, vitamin C, fibre, iron, vitamin A, zinc, antioxidants)
- Tablespoon Chia Seeds (Omega-3 fatty acids, protein, fibre)
- Scoop of ground Porridge Oats (Carbs, fibre, vitamins B1, B5)
- Skimmed/semi skimmed milk (quantity to the desired thickness)
- Tablespoon of Peanut Butter (tasty option)

Pop them all in a blender and voila, 2 minutes to prepare.



Vegan One Pot Wonder

Andrew Harper's One Pot Wonder Recipe

- 300g split red lentils (rinsed)
- 100g giant cous cous
- 2 sweet potatoes
- 2 carrots
- 2 red onions
- 3 garlic cloves
- 1 head of broccoli
- 2 tins chopped tomatoes
- 1 tin butter beans (rinsed)
- 1 litre water
- 2 teaspoons of mild curry powder
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon white pepper
- ½ teaspoon garlic powder
- Chopped chives to garnish



A hearty lightly spiced stew with lentils and giant couscous, full of colour and flavour, perfect for a family meal whatever the time of year. It's so easy to make, everything just goes into one pan and you leave it to cook, simple and yummy.

Chefs tip : if you like things a bit spicy then add a few chilli peppers and a bit more curry powder.

Serves 5-6

Prep time : 15 mins

Cook time: 45 mins
(or until vegetables are soft)

Method

Its all very simple really, but here are the key points

- 1) Add 1 litre cold water to a large pan and place on the hob and add stock cubes, lentils, tin tomatoes and drained butter beans. Leave to heat up.
- 2) Whilst the pan is starting to heat up chop up all the vegetables, (medium to fine size)
- 3) Give the pan a stir and add the garlic powder curry powder olive oil and white pepper.
- 4) Add all the chopped vegetable to the pan, give it a stir, put the lid on and leave to boil.
- 5) Once contents are boiling turn down to simmer for the rest of the cook time with occasional stirring.
- 6) 10 minutes from the end of cook time add in the giant couscous and chop your chives up.
- 7) Once cooked add in the salt, give it a good stir and there you have it.
- 8) Serve in bowls on its own or with a piece of crusty bread, garnish with the chives. It can be frozen if needed.

Quick Lemon Bulgar Chicken

Caroline Dallimore

- 2 chicken breasts
- lemon
- 100g bulgar wheat
- 1 carrot
- celery stick
- small onion
- garlic cloves
- stock cube
- 50g frozen peas

Method

1. Add 100ml of boiling water to 100g of bulgar wheat, sprinkle a quarter of a stock cube into the water and stir. Cover and leave to soak for 20 mins.
2. Dice the chicken breasts and small onion.
3. Heat a little coconut oil in a frying pan and cook the diced chicken and onion until lightly browned.
4. Cut two garlic cloves, one carrot and a celery stick finely.
5. Add these and the frozen peas to the pan for the last 3-4 minutes.
6. Zest half a lemon and add this with a squeeze of lemon juice to the bulgar wheat.
7. Fluff the bulgar wheat with a fork and serve with the chicken and vegetables over the top.



Baked Sweet Potato

Sinead Garry

- 2 medium or 1 large sweet potato
- 1 aubergine
- 1 courgette
- 1 large onion
- 1 large or 2 medium peppers
- 200g block of feta
- Olive oil
- 3-4 cloves of garlic
- 1-2 fresh chillies
- 5-6 sprigs lemon thyme, leaves picked

My recipe is for baked sweet potato stuffed with roast veg and feta.

Method

Preheat the oven to 180°C. Wash the sweet potato, prick all over with a fork and wrap in tinfoil. Bake the sweet potato for 60-90 minutes, depending on size.

Wash the vegetables and dice into 1cm pieces. Sprinkle some salt on the cutting board and mince the garlic and chilli into the salt. Mix the vegetables together with the garlic, chilli and salt and toss in olive oil until the veg is well coated. Place in a dish and put in the oven along with the sweet potato for about 40 minutes, until cooked through.

Meanwhile, cut the feta into 1cm cubes and place in a bowl with the thyme. Mix through 2-3 tbsp olive oil and leave to marinade while veg is cooking.

When the sweet potato is cooked through, place in a bowl and slice in half. Pile on roasted veg and top with feta and herbs. Yum!

Note: I diced another sweet potato into 2cm cubes, tossed in olive oil, salt and pepper and baked until crispy and cooked through. Mixed through the leftover veg and cheese, this is great cold or hot and goes well in a picnic (not that this is picnic weather).



Ironman Frittatta

Steve Ellison

- 75g butter
- Extra virgin Olive oil
- 1 x tin of potatoes
- onions
- spinach
- kale
- mixed peppers
- mixed veg
- 1 x Chorizo ring
- 500g Chicken
- 1 x tin of chickpeas
- salt
- pepper
- 6 x eggs
- 1 x large square casserole dish



Method

Melt the butter in a large pan, add in the onions, peppers and mixed veg and leave to cook for a few minutes. While this is happening, the kale and spinach can be cooking in a separate pot, then drained, chopped and left to one side...

Dice the potatoes and spread out over the bottom of the casserole dish, add salt and pepper. Chop up the Chorizo and chicken into small chunks. Add the chicken and Chorizo to the pan with the onions etc and cook, then add the Kale, spinach and Chickpeas and cook thoroughly, adding a splash of the Olive oil. While the above is cooking, break the 6 x eggs into a large bowl, add salt and pepper and beat thoroughly.

Add the contents of the pan once cooked to the eggs and mix thoroughly. Pour entire contents into the casserole dish over the potatoes and spread out evenly. Place into an oven pre-heated to 180 degrees for 25-30 mins and leave to cool. Can be eaten hot or cold, I portion mine into 4 servings, place in Tupperware containers and put in the fridge. I then take a portion with me to work every day, normally 2 mins in a microwave heats it up nicely.

Satay Chicken Kebabs and Salad (serves 2)

Richard Burnett

- A large handful of fresh coriander
- 1 chilli of choice – de seeded
- 1 clove of garlic
- 3 Tablespoons of natural peanut butter
- Splash of soy sauce
- 1 inch of fresh ginger peeled
- 2 limes, juice and zest
- 4 chicken breasts
- Mixed peppers Salad

Method:

Place all the ingredients except the chicken and peppers into a blender and whizz together, add more soy if too thick. It needs to be of a thick consistency. Chop chicken into bite size pieces and marinade in the satay for at least 30 mins. Thread chicken and steamed peppers onto skewers and grill for around 15 minutes turning regularly. Serve with a large salad of choice! (sometimes I serve with asparagus tips, charred)



Helen Fletcher's

1. Banana pecan flapjacks.

No refined sugars. Serves 6.

Add 50g of coconut oil, 50g of maple syrup or honey if not vegan, 50g chopped dates and 2 teaspoons cinnamon to a smallish pan on a low heat. Once melted add two small or one large mashed banana (around 150g) and simmer for a couple of minutes. Then add 100g oats and 50g chopped pecans, mix together then cook at 180 for about 15 minutes. I cook mine in a muffin tray but it would work in a baking dish or cupcake cases too. Pecan garnish optional.

2. Barley risotto.

Fry 50g of chopped mushrooms then set aside. Gently sauté half a small onion, a clove of garlic (sliced) and a handful of chopped peppers until soft and light brown. Add 100g of pearl barley with 400ml of stock, bring to the boil then simmer for 35 minutes. Add frozen spinach (3 balls) and simmer until the spinach has mixed in completely. Add a little more water if needed. Once all the liquid has cooked in, add the mushrooms and some roast pepper pesto (I use Mr Organic). As a vegan I use nutritional yeast in this too (5g) to boost the protein and Vitamin content. Two small servings or one large.

All recipes are vegan and wheat free.



No pastry Quiche

Robert Gillies

- 5 standard eggs
- 4 tbsl. milk
- 2 tbsl veg oil
- 4 spring onions or red onions. (trimmed and chopped)
- 100g cherry tomatoes, halved
- 85 g (small pack)parma ham (torn into pieces)
- 100g Feta chese
- salt & pepper to taste.

Preheat oven to 190C 375F or gas mark 5. Put a 8in oven proof dish on a baking try while oven is heating up. Beat eggs with milk. Remove dish from oven, swirl oil over base and sides, add onions, tomatoes and stir well add ham, cheese and pour the egg mix over. Season to taste. Return dish to oven and bake for 15 mins or till egg has set and is golden.

Serve warm with a salad.



Grow Your Own Veg Soup

Robert Gillies

- Carrots
- Turnip
- Leek
- Onion
- Potato
- 1 Veg stock cube

- 1 - Wash 4 large carrots, scrape skins and chop into small pieces or grate.
- 2 - Remove skin from onion and cut into small pieces.
- 3 - Remove outer skin from leeks wash under cold water and chop into small pieces.
- 4 - Peel turnip and chop into small pieces.
- 5 - Dissolve stock cube in boiling water.
- 6 - Add all veg to pot, containing stock.
- 7 - A handful of rice or lentils can be added, season with salt & pepper.
- 8 - Heat on top of cooker till boiling, turn down heat, and continue to simmer for about 20 mins till all veg are soft.

Soup can be put through a blender to make it smooth.

