



# Healthy Recipe *COOKBOOK*

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# Starters



# BUTTERNUT SQUASH AND CHILLI SOUP

- 1 Butternut Squash, unpeeled, deseeded and cut in half top to bottom
- 2 cloves of garlic
- Salt and pepper
- 1 onion (white or red)
- 2 tablespoons of olive oil
- 850 mls of vegetable stock
- 1 red chilli or ½ if you don't want it too hot! Deseeded and finely chopped (or alternatively chili flakes)
- Small piece of fresh ginger (optional)

Preheat the oven to 220°C / 425°F / Gas Mark 7. Put the butternut squash halves on a roasting tray and place a garlic clove in each half. Slash the squash with a knife, then drizzle with olive oil and season well. Roast in the oven for about 30-35 mins or until it is nice and soft. While the squash is roasting, put a tablespoon of oil and a little butter into a large pan over a low heat. Add the onion and seasoning and leave to soften down, stirring occasionally. Remove the squash from the oven and leave to cool. As soon as it is cool enough to handle, scoop the

flesh from the skin and set aside. Once the onion is soft, squeeze in the roasted garlic clove, discarding the skin, then add the insides of the squash, ginger (optional), chilli and stock. Bring to the boil and then take it off the heat. Then blend the soup until smooth. This can be done either in batches in a blender or, using a hand blender. Once the soup has been blitzed, return to the heat until it is piping hot. Season to your liking. Then, if desired, serve with a little coconut milk over the top and finely sliced chilli. It's delicious....Enjoy!!



# CARROT AND CORIANDER SOUP

- Fresh coriander
- Fresh garlic
- Pinch of paprika
- Pinch of pink rock salt
- 2 tins diced plumb tomatoes
- 8 large carrots, washed and diced
- 2 large red onions diced
- 2 large yellow peppers diced
- Veg or chicken stock cube

Place all ingredients into a slow cooker. Once cooked, place into a blender and blitz to a suitable texture. Serve with any kind of hot, hearty, healthy warm bread.



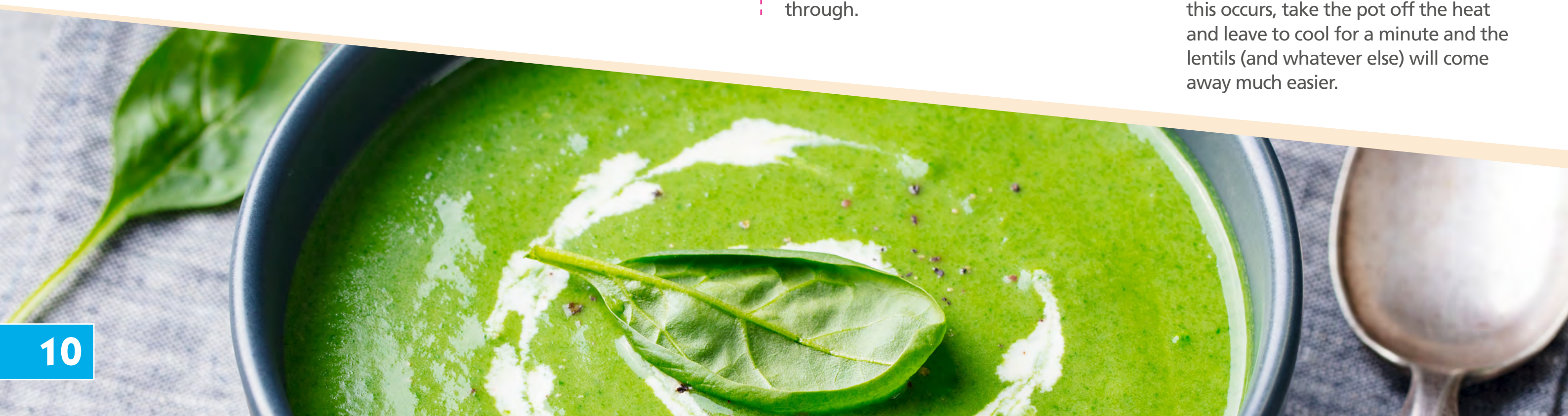


# CHUNKY VEGETABLE SOUP

- 4 leeks – cut down the middle, chunky sliced
- 3 smallish brown onions – peeled halved and chunky cut
- Half an cauliflower – de-cored and cut into medium size
- A 500g bag of carrots – washed and cut into 1" chunks
- 2 parsnips – top, tailed, peeled and cut into 1" chunks
- 6 white potatoes – washed and cut into 1" chunks
- 6 - 8 cloves of garlic (no vampires here) – skinned squished with the flat of the knife and roughly chopped
- olive oil
- A cup (or two) of yellow or red lentils – well rinsed and drained
- Vegan gluten-free reduced salt stock powder – 2 litres
- Optional - B12 yeast flakes– these add a slight cheesy flavour to the soup
- Sea salt and black pepper

Drizzle olive oil into the bottom of the pot and place on the stove top on a medium heat. Add chopped garlic, leeks and onion, stir through to coat in oil, cover with lid and sauté until soft and translucent. Add the rest of the chopped veg, stir through and replace lid for 5-10 mins. Follow instructions on the stock to make up 2 litres (make extra if needed). I like my stock fairly robust so I always add powder more than it states on the tub. Add the stock to the veg in the pot and stir through thoroughly. Bring to the boil for 5 mins and then turn the heat down to simmer. Add lentils, stir and cover for about an hour or until the lentils are soft and the potatoes and carrots are cooked through.

Add salt and pepper to taste. Stir at regular intervals. Serve into bowls, sprinkle with yeast flakes and serve with crusty bread. The potatoes should naturally thicken the soup, however if you find it too runny for your liking, blend a teaspoon of cornflour to a little cold water, bring the soup to a boil and keep stirring the mixture. When the soup thickens, take off the heat and serve. Don't forget to portion up any excess and place in the freezer for those times where you cannot be bothered to cook! Please note that if the heat is too high and there is no stirring going on, the lentils will stick on the bottom of the pot. If this occurs, take the pot off the heat and leave to cool for a minute and the lentils (and whatever else) will come away much easier.





# LEEK AND POTATO SOUP

- 2 medium leeks (chopped)
- 1 medium onion (chopped)
- 1 oz (25g) low fat spread
- 12 oz (350g) potatoes – thinly sliced
- 1 pint of chicken stock
- Salt and pepper to season
- 4 or 5 tablespoons natural yogurt or double cream

In a saucepan fry leeks and onion gently in the butter for 7-10 mins without browning. Add potatoes, stock and seasoning. Bring to the boil (stirring regularly), lower heat, cover and simmer gently for 20-30 mins until the vegetables are tender.

Liquidise (or use a blender) and transfer into a clean saucepan. Warm through thoroughly and add yogurt shortly before serving.





# OATS O' SIMPLE

- 1 sachet of Oats
- 180ml water (milk replacement)
- 2 tablespoons of natural yogurt (0% fat)
- Flaxseed (optional)
- Fresh Fruits (optional)
- Honey (optional)

See sachet for cooking instructions. Remember to add water instead of milk. After cooking add yogurt and any of the other ingredients above.





# SWEET POTATO SALAD

- 2/3 large sweet potatoes
- Light mayonnaise
- Kidney beans (optional)
- Sweet corn (optional)
- Spring onions
- Red peppers (optional)
- Cayenne pepper
- All-purpose seasoning
- Chili flakes

Peel and cut potatoes in cubes. Boil potatoes (not too soft) - let cool. Once cool, in a bowl add potatoes, chopped onions, kidney beans, cayenne pepper, all-purpose seasoning. Mix in mayonnaise and finish with chili flakes. Keep refrigerated.



# Mains



# BAKED AVOCADO AND EGGS

- 2 Avocados
- 4 Eggs
- Salt and pepper to taste
- Topping of choice (suggestion could be bacon bits, cherry tomato, basil, grated cheese).

Preheat oven to 400°F (200°C). Slice the avocados in half and remove the pits. Place the avocado halves on a baking sheet and scoop out some of the flesh to make a bigger hole. Crack one egg into each hole and season with salt and pepper. Top with toppings of choice and bake for 15 mins or until yolk reaches desired consistency. Sprinkle with fresh herbs, as desired.





# CAULIFLOWER, CHICKPEA & COCONUT CURRY

- 2 tablespoons of coconut oil
- 1 large onion – diced
- 3 cloves of garlic – minced
- 1" fresh ginger – minced
- 1 tablespoon of garam masala
- 1 teaspoon of ground cumin
- 1 teaspoon of ground turmeric
- 2 x cans of chickpeas (drained)
- 2 x cans of chopped tomatoes
- 1 can light of coconut milk
- 1 cauliflower – cut into bite size pieces
- Salt and pepper to taste
- Big bunch of fresh coriander (chopped)

Heat coconut oil in large non-stick pan, medium heat. Add onion, garlic & ginger and cook until softened – 5-7 mins. Add spices and cook for approx. 1 minute. Add chickpeas, tomatoes, coconut milk and cauliflower. Increase heat and bring to the boil, then reduce heat to low, cover and simmer for approx. 30 mins or until

cauliflower is soft. Uncover and cook for approx. 5-10 mins until the sauce has thickened a little. Season with salt & pepper and add coriander.





# CHICKEN BROTH (SLOW COOKER MEAL)

- Mixed scotch broth lentils (pre soak over night for 8 hours)
- Chicken breasts or chicken drum sticks
- Half a pint of chicken stock
- 2 red onions
- 4 carrots
- 1 swede
- 1 turnip
- 3 potatoes (large)
- 2 leeks
- 2 red peppers
- Garlic
- 1 teaspoon of dried Italian herbs
- Salt and pepper

Brown chicken on the bone in a hot skillet. Dice all veg into chunky pieces. Add all chicken, veg, herbs, lentils and stock into the slow cooker (leave red peppers until the end). Cook until tender. Serve with hearty warm bread.





# CORIANDER LIME HONEY CHICKEN

- Chicken breasts sliced or diced.
- 2 limes
- Fresh coriander
- Acacia honey

Squeeze fresh limes, add finely chopped coriander, put it all into pestle and mortar and grind thoroughly. Add the liquid to the chicken and marinate for 1- 3 hours. Place chicken into a hot wok or skillet, using coconut oil. Cook until golden, add remainder of marinade if wok is dry. Add honey when chicken is golden and thoroughly coat. Once glazed remove from wok/skillet.

This can be eaten hot, with rice, or hot with a hearty salad, or chilled with a salad. Salad is of your choice. But hot baby new potatoes and corn on the cob is a great addition.





# CREAMY TOMATO AND ROASTED VEGETABLE RISOTTO

- 1 tablespoon olive oil
- 300g cherry tomatoes
- 2 red peppers
- 1 large courgette
- 1 large red onion
- 3 garlic cloves
- 225g risotto rice
- 250ml passata
- 250ml vegetable stock
- Optional - 50g mozzarella (or vegan cheese)

Pre-heat oven to 180°C and add the olive oil to a roasting tin. Chop vegetables into small chunks and spread out in the tin – roast for 30 mins. Meanwhile, sauté the onion and garlic for a few minutes in a splash of oil. Add the rice to the pan and slowly add the passata and vegetable stock a little at a time, allowing each amount to be absorbed by the rice before adding the next.

Once you have added all the liquid, add the roasted vegetables and cook on a low heat for another 5 mins. Remove from the heat and stir in a little basil, salt and pepper, and cheese if you wish.





# EGGS AND SMASHED AVOCADO

- 2 Avocados (the riper the better for smashing)
- 1 lime, juiced
- 4 slices of sourdough
- 1 tablespoon olive oil
- 2 eggs

Fill a large pan with water and bring to the boil; add the vinegar. Cut the avocados in half and scoop out the flesh into a bowl (discard the stone). Add half the lime juice and some salt. Using the back of a spoon, smash the avocado until it's chunky but spreadable. Preheat the grill to its highest setting. Brush the sourdough slices with the oil on both sides and toast for 1-2 mins on each side, or until lightly charred. Poach the eggs in a pan of boiling water

for 2-3 mins, until the whites are set but the yolks are still runny. Remove with a slotted spoon and drain on kitchen paper. Spread the sourdough toasts with the smashed avocado and divide between two plates and top each with a poached egg. Tips: This dish can be developed with further ingredients such as feta, chilli flakes or pepper sauce, which can be added just before the avocado smashing phase.





# FAJITA STUFFED CHICKEN

- 1 red pepper, 1 green pepper, 1 yellow pepper, all diced
- 1 onion, diced
- 1 teaspoon of black pepper
- 4 ounces of cream cheese
- 1 cup of grated cheese
- 3 boneless skinless chicken breasts
- 2 teaspoons salt
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- Salsa, sour cream, and guacamole for serving

Heat oil in a pan over high heat. Cook the peppers, onion, salt, and pepper until soft and slightly caramelized. Transfer the cooked veggies to a bowl. In the same bowl, mix in the cream cheese and cheddar, stirring until evenly incorporated. In a separate bowl, combine the chicken with the salt, chili powder, cumin, and garlic powder, evenly distributing the spices over the chicken. On a cutting board, slice a pocket in the chicken

horizontally and fill the pocket with a heaping spoonful of the veggie mixture. Press the edges of the chicken together to seal in the filling. Repeat with the remaining chicken. Heat the oil in a pan over medium heat. Cook the stuffed chicken for five minutes on each side, until cheese is melted and the chicken is cooked through. Serve with salsa, sour cream and guacamole.





# HEALTHY CHILLI

- Lean turkey mince (large pack)
- 2 red onions
- Fresh garlic, or garlic powder
- 1 teaspoon of paprika
- Chili powder
- 1 tin of diced plum tomatoes
- 1 tin of mixed Mexican beans

Mix turkey with garlic, chili and paprika, leave to marinate for 5 hours. Heat wok or skillet using coconut oil, or rape seed oil. Cook onions until golden. Add turkey, thoroughly cook and add Mexican beans. Serve with brown rice, pitta bread, or a jacket potato and salad.





# MEATBALLS AND COURGETTE SPAGHETTI

- 400g lean beef mince
- 1 large egg
- 8 garlic cloves, 1 grated and the others sliced
- 2 carrots finely chopped
- 500g of chopped tomato
- 4 tablespoon balsamic vinegar
- Courgettes (spiralised)
- Vegetable oil

Put mince, egg and grated garlic into a bowl with salt and pepper. Mix together well and then shape into meatball shapes. Heat some light oil in a large pan and brown the meatballs off but be careful as they are delicate. Once brown take them off to rest on a plate. In the same pan, on a lower heat add the carrots and sliced garlic. Fry until they are nice and soft. Add the chopped tomato with the balsamic vinegar and then add the meatballs in. Cover the pan

and let them simmer for 20-30 mins. Whilst they simmer, add the spiralised courgette to a pan with some light oil and stir-fry until slightly soft. Add the two together and bam!





# SALMON WITH ROASTED ASPARAGUS

- 400g new potatoes, halved if large
- 2 tablespoon olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls of cherry tomatoes
- 1/2 tablespoon balsamic vinegar
- 2 salmon fillets
- Handful of basil leaves

Heat the oven to 220°C-fan200°C-430°F-gas 7. Tip the potatoes and 1 tablespoon olive oil into an oven proof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins. Add the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins, until the salmon is cooked. Scatter over the basil leaves and serve straight from the dish.





# PASTA-FREE LASAGNE

- 500g of 5% beef mince
- 1 onion, diced
- 2 garlic, minced
- 2 tablespoon tomato paste/puree (concentrate)
- 1 beef stock cube/pod
- 2 very large courgettes, sliced lengthways into 0.5cm thickness
- 1 aubergine, sliced into 1cm discs

Lay the slices of courgette and aubergine on a baking tray and bake until they've gone wrinkly and brown. For the bolognaise, saute the onion and garlic, then add the mince and cook on high heat until all the meat is browned. Add the tomato paste and stir in, still on high heat. Add enough water to cover the meat, add the stock cube and bring to the boil. Once the pot has come to the boil, turn the heat down to a simmer and cook for as long as

possible, topping up with water as needed. Season with salt and pepper. Assemble layers of aubergine, courgette and meat in a small dish or baking tray. Top the final layer with a bit of cheese and if you have some, a spattering of tomato-based pasta sauce is always nice, Roast for about 30-40 mins in a moderate oven until the cheese is bubbled and brown.





# PITTA PIZZA

- Whole-wheat pitta bread (6½-inch)
- 2½ teaspoons extra-virgin olive oil, divided
- 1 small tomato, cored and sliced
- 1 ounce pearl mozzarella balls, sliced
- 1 tablespoon chopped fresh basil
- ½ tablespoon balsamic vinegar
- 2 cups mixed baby salad greens

Place pitta on a foil-lined toaster-oven pan. Brush evenly with 1 teaspoon oil. Arrange tomato and mozzarella on top. Toast until the cheese begins to melt and the edges of the pitta are toasted and starting to brown, 5-8 mins. Sprinkle basil over the pizza and cut into wedges if desired. Drizzle the remaining 1½ teaspoons oil and vinegar over the greens and serve with the pitta pizza.





# PRAWN STIR-FRY SOUP

- Oil
- 2 Onions
- Lots of mushrooms
- ½ a cup of frozen Sweetcorn
- ½ a cup of frozen Peas
- A tin of Water chestnuts
- A bag of Bean sprouts
- 4 eggs
- 1 red chilli  
(optional if you don't like a bit of heat, leave it)
- Loads of fresh prawns
- 2 sheets of egg noodles
- Soya sauce
- Spring onions

Chop up the veg (onions, mushrooms, peas and sweetcorn). Put oil in frying pan/wok. Lob veg in the frying pan. Boil water in a deep pan. Crack eggs in jar and whisk. Lob the prawns, water chestnuts and chilli in the frying pan and give it a shake. Put the noodles in the boiling water (note don't lob so you don't burn yourself). Clear some space in the frying pan and pour the eggs in. Wait until they are like an omelette consistency and then stir it in.

Lob in the bean sprouts and stir again. Drain the noodles then lob them in the frying pan. Add as much or as little soya sauce as you want. Serve and garnish with spring onions.





# STEAMED FISH

- 450g/1lb firm white fish fillets, such as cod or sole, skinned or a whole fish such as Sea Bass or Sea Bream
- 1 teaspoon coarse sea salt or plain salt
- 1½ tablespoons finely shredded fresh root ginger
- 3 tablespoons finely shredded spring onions
- 2 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- 1 tablespoon groundnut oil
- 2 teaspoons sesame oil
- Fresh coriander sprigs, to garnish

Pat the fish dry with kitchen paper and evenly rub with salt, rubbing it inside the cavity as well if you are using a whole fish. Put the fish on a heatproof plate and scatter the ginger over the top. Set up a steamer or put a rack into a wok or deep pan. Fill it with 5cm/2in of water and bring to the boil over a high heat. Put the plate of fish on the rack, cover tightly and steam the fish until it is just cooked. Flat fish fillets will take about 5 mins; whole fish,

or fillets such as sea bass, will take 12-14 mins. The fish should turn opaque and flake slightly but still remain moist. Remove the plate of cooked fish and pour off any liquid that may have accumulated. Scatter the spring onions on the fish, then drizzle over the light and dark soy sauces. Heat the two oils together in a small saucepan until smoking, then immediately pour them over the fish. Garnish with coriander and serve at once with boiled rice.





# VEGAN PROTEIN BURRITO

## For the Quinoa:

- 3/4 cup white quinoa, thoroughly rinsed
- 1 1/2 cups water
- 1/4 teaspoon sea salt
- 1 can of beans of your choice (E.g. Black Beans, Kidney Beans, Cannellini) drained and rinsed
- 1/4 cup chopped cilantro
- 3 tablespoons lime juice
- 3 tablespoons hemp seeds (you can use pine nuts if you prefer)
- Salt and pepper to taste

## For Kale:

- 3 cups chopped kale
- 1 tablespoon lime juice
- 1/2 tablespoon olive oil
- Salt and pepper to taste

## For the Pico de Gallo:

- 1 cup quartered cherry tomatoes
- 1/4 cup finely diced red onion
- 2 tablespoons chopped coriander
- Sea salt to taste

## For the Guacamole:

- 2 ripe avocados, halved, pitted, and peeled
- 1 lime, juiced
- Sea salt, to taste
- 4 large tortillas (use whole grain if you want to go healthier)

## For the Quinoa

Add the quinoa and water to a small pot with 1/4 teaspoon sea salt. Heat over medium-high heat until boiling. Reduce heat, cover and simmer for 10-14 mins or until quinoa is tender and translucent. Fluff with a fork and transfer to a large bowl. Add the beans, chopped coriander, lime juice, hemp seeds/pine nuts, sea salt, and black pepper to the quinoa and stir. Set aside.

## For the Kale

Add the chopped kale, lime juice, olive oil, and sea salt to a bowl and massage the kale for 2-3 mins or until tender. Set aside.

## For the Pico de Gallo

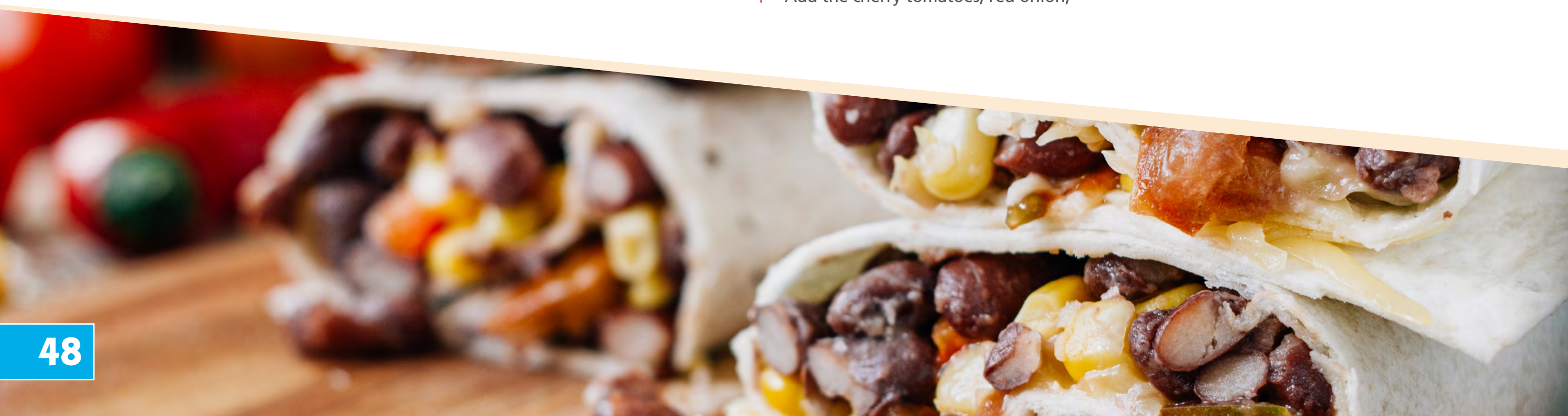
Add the cherry tomatoes, red onion,

coriander, and sea salt to a bowl and stir to combine. Set aside.

## For the Guacamole

Scoop the flesh of the avocados into a small bowl, along with the juice of one lime and sea salt, to taste. Use the back of a fork to smash the avocado to desired consistency. Set aside.

To assemble the burritos, lay one tortilla flat on a clean work surface. Fill the tortilla with the quinoa mixture, pico de gallo, guacamole, and kale. Begin rolling the burrito away from you, being sure to tuck the sides in as you go. Slice in half and serve immediately.





# Desserts



# BREAKFAST SMOOTHIE

- 1 ripe banana
- 4 slices of mango
- Handful of raspberries
- Handful of blueberries
- Pot of probiotic drink
- Dash of half-fat milk

Pop all the ingredients into a blender and mix. Very tasty, nutritious and packed with antioxidants.





# GOLDEN TURMERIC LATTE

- 1 1/4 cups of vanilla almond milk  
(or any plant milk – rice milk, oat milk or soy milk would work fine)
- 1/2 teaspoon of ground turmeric
- 1/4 teaspoon of ground ginger (optional)
- 3/4 teaspoon of ground sweet cinnamon
- Pinch of black pepper  
(to help absorb the curcumin in turmeric)
- 1 teaspoon of maple syrup / agave syrup to taste  
(or other plant based liquid sweetener)

In a small pot over the stove, heat and whisk all ingredients together on medium heat until smooth and hot. You can also warm the almond milk in the microwave and then whisk in all the ingredients using a whisk or a frother.





# VEGAN CHOCOLATE AVOCADO MOUSSE

- 3 large ripe avocados
- 2 tablespoons of unsweetened cocoa powder (if you want to go even healthier use Cacao powder)
- 1/4 cup of almond milk (or other plant milk)
- 1-2 teaspoons of pure maple syrup, to taste
- Teaspoon natural vanilla extract
- Raspberries, for garnish

Place avocados, cocoa powder, almond milk, maple syrup, and vanilla extract in the jar of a blender. Puree until smooth, stopping when needed to scrape down the sides. The mixture will be very thick and mousse-like. Add a little more almond milk, if needed. Spoon the pudding into dessert cups and top with fresh raspberries, if desired.

