

Chopped salad with pomegranate

Serves two

Ingredients

1 lemon, juiced and zested

1 tbsp pomegranate molasses

1 tbsp olive oil

1 cucumber, deseeded and finely chopped

½ fennel bulb, finely chopped

1 spring onion

8 cherry tomatoes, quartered

100g pomegranate seeds

Small handful each of parsley, mint and dill all finely chopped

Method

1. *Combine ingredients together in a large bowl and serve with one of the dressings below.*

Honey and allspice dressing

Serves two

Ingredients

1 medium lemon, juiced
3 tbsp extra virgin olive oil
1 tbsp honey
¼ tsp ground allspice
¼ tsp smoked paprika
½ garlic clove, crushed
Sea salt
Pepper

Method

- 1. Combine in a small bowl and serve with salad*

Tahini dressing

Serves two

Ingredients

200g soya (or low fat) yoghurt
1 heaped tbsp tahini
1 garlic clove, minced
1 inch piece of ginger, chopped
1 lime, juiced
2 tbsp extra virgin olive oil (best quality)
1 tsp turmeric

Method

- 1. Combine in a small bowl and serve with salad*

Sweet potato and miso dressing

Serves two

Ingredients

100g sweet potato, peeled and diced

15g ginger, finely chopped

25ml lemon juice

25ml rice wine vinegar

35g sweet white miso

10ml sesame oil

75ml olive oil

5g tamari sauce

Method

1. *Combine in a small bowl and serve with salad*

Turkey and cashew curry

Serves four

Ingredients

100g cashew nuts

2 vine tomatoes, roughly chopped

2 cloves of garlic

1 thumb sized piece of ginger, peeled and roughly chopped

Juice of 1 lemon

400g turkey breast, diced

1 tbsp ground cumin

1 tbsp ground coriander

1 tbsp ground turmeric

1 cauliflower, florets

100ml water

200ml reduced fat coconut milk

100g fresh peas

Method

- 1. Place cashew nuts in a blender with the tomatoes, chili, garlic, ginger and lemon juice and blitz to a paste.*
- 2. Transfer this to a large mixing bowl and add in the turkey. Cover with the ground cumin, ground coriander*
- 3. and ground turmeric, cover and leave to marinate for 20 minutes in the fridge.*
- 4. Meanwhile, place a large saucepan on a high heat and add a drop of oil*
- 5. Add in the onions and cook for 5 minutes.*
- 6. Add in the marinated turkey and cook for 5-7 minutes until sealed.*
- 7. Add in the cauliflower, water and coconut milk and bring to a simmer. Keep the heat low and cook for 15 minutes.*
- 8. Add in the peas and simmer for a further 5 minutes*

Kale chips with paprika and cashew

Makes 200g

Ingredients

30g cashew nuts

1 tsp rapeseed oil

50ml water

500g kale (but big fresh leaves not the prepackaged stuff)

1 tsp paprika

1 pinch of Malden salt

Method

- 1. Preheat your oven to 50°C.*
- 2. Soak the cashew nuts in water for 20 minutes. Then drain and place them in a blender with the rapeseed oil and 50ml water. Blitz for 5 minutes until completely smooth. Add more water if necessary; the consistency should be like single cream.*
- 3. Take the kale leaves off the stalk and break the leaves up into bite sized pieces. Place the kale in a large bowl and pour over the cashew cream, toss with your hands to ensure the leaves are coated well.*
- 4. Place the kale on a baking tray and sprinkle with the paprika and Malden salt.*
- 5. Place in the oven for 60 minutes until crispy.*
- 6. You can store these in an airtight contained for up to 2 days.*



Roasted tikka cauliflower Salad

Serves 2

Ingredients

*250g Pearl barley
1 large cauliflower, trimmed
1 level tbsp tikka curry paste
60g flaked almonds
60g dried cherries (or cranberries)
100g pomegranate seeds
2 tsp nigella (black onion) seeds
1 small handful flat leaf parsley, chopped
Yoghurt and tahini dressing (see above)
Sea salt*

Method

- 1. Preheat the oven to 200C*
- 2. Cook the barley in boiling water until tender (about 30-40 minutes) then drain and rinse under cold water*
- 3. In a large roasting tin, break the cauliflower into bite sized pieces and add the curry paste, rubbing in well so all the cauliflower is covered*
- 4. Place the tin in the oven and cook until tender (about 20 mins)*
- 5. Whilst the cauliflower is cooking make the dressing by adding all the ingredients to the blender and slowly blending until smooth. It should be the consistency of double cream so loosen with a little water if too thick.*
- 6. Take out the cauliflower and allow to cool. 7. In a large bowl combine the barley, cauliflower, almonds, cherries and pomegranate 8. Drizzle a little of the dressing over the salad and sprinkle with onion seeds*



Lemon salmon

Serves two

Ingredients

2 salmon fillets

1 tbsp extra virgin olive oil (also, 4 tbsp for the dressing)

1 lemon, halved

1 tbsp chopped parsley

2 tbsp chopped chives

Sea salt

Black pepper

Method

- 1. Heat the grill*
- 2. Coat the salmon with olive oil and a little salt*
- 3. Place the lemon halves, cut-side down, next to the salmon and grill for about 4 mins each side*
- 4. Transfer the salmon to a plate and prepare the dressing*
- 5. To make the dressing squeeze the lemon juice from the charred lemons into a small bowl and add 4 tbsp olive oil, chopped herbs and season.*
- 6. Pour dressing over the salmon and serve*

Quinoa, lentil and chicken salad

Serves four

Ingredients

250g puy lentils, boiled

250g quinoa, boiled

300g chicken breast, thinly sliced

½ red onion, finely sliced

1 ripe mango, sliced

1 handful watercress, stalks removed (or pea shoots)

1 small handful mint, chopped

1 small handful coriander, chopped

Dressing

1 lime, juiced

1 tsp curry paste

4 tbsp light olive oil

3 tbsp of ½ fat crème fraiche

Sea salt

Method

- 1. Preheat the oven to 200C*
- 2. Wrap the chicken in foil with a little oil and lemon juice.*
- 3. Place chicken in oven and bake for 20 minutes until cooked through*
- 4. Cook the grains, drain and leave to cool*
- 5. Once the chicken has cooled, thinly slice*
- 6. Add all the dressing ingredients to the blender and blend for a minute until fully combined (add a little water until it is the consistency of single cream – it should be quite runny*
- 7. Add the grains, chicken, mango, watercress and mint to a large salad bowl*
- 8. Dress salad with dressing*



Aniseed green juice

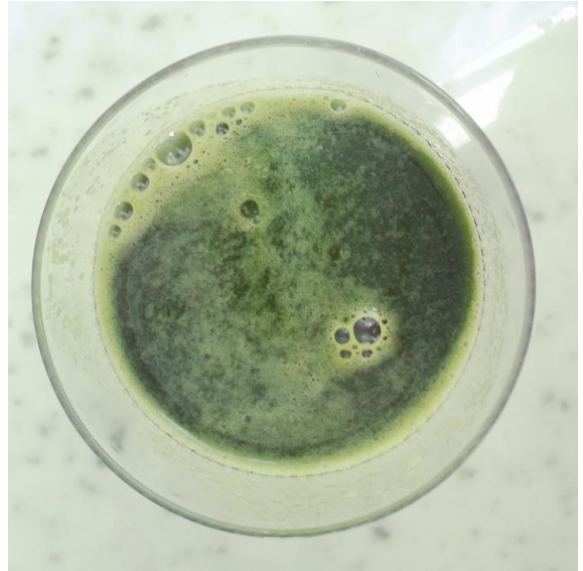
Serves two

Ingredients

1 bunch of spinach
1 bunch of mint
1 cucumber
2 green apples, cored
1 fennel bulb
½ lemon, juiced

Method

- 1. Chop ingredients and blend high for 30 seconds*
- 2. Lay muslin over a bowl, pour in juice then grab the four corners of cloth and squeeze out the juice*



Green goddess juice

Serves two

Ingredients

½ cucumber
3 kale leaves (take soft leaf off the stem)
1 small handful coriander
1 lime (juice only)
1 head Romaine lettuce
2 apples, cored

Method

- 1. Chop ingredients and blend high for 30 seconds*
- 2. Lay muslin over a bowl, pour in juice then grab the four corners of cloth and squeeze out the juice*

Carrot, beetroot, apple and ginger

Serves two

Ingredients

2 carrots

2 beetroot

2 apples, cored

1 inch knob of ginger

1 lemon, juiced

Method

- 1. Chop ingredients and blend high for 30 seconds*
- 2. Lay muslin over a bowl, pour in juice then grab the four corners of cloth and squeeze out the juice*

Raw cacao cashew milk

Serves two

Ingredients

150g raw cashews

2-3 level tablespoons raw cacao powder (depending on taste. I like 2)

2 Tablespoons pure Maple Syrup

Vanilla pod

Pinch of sea salt

600ml water

Method

- 1. Add ingredients to a high-power blender and blitz for 1 minute*
- 2. Add water depending on the desired consistency*



Shakshuka

Serves two

Ingredients

*2 tsp extra virgin olive oil
1 tsp fennel seeds
1 onion, finely diced
2 garlic cloves, finely chopped
2 red peppers, cut into strips
2 tsp smoked paprika
1 pinch saffron
2 tins chopped tomatoes
Sea salt
Black pepper
4 eggs*



Method

- 1. Heat up the oil and add the fennel seeds cooking for 1 minute*
- 2. Add in the onion, garlic and cook for another 3 minutes*
- 3. Add in the peppers, spices, tomatoes, salt and pepper. Cook for 25 minutes until the peppers are soft (you will need to add more water as you go)*
- 4. make small wells in the tomato sauce and drop in the eggs then put the lid on and cook for 5 minutes until the whites of the egg are cooked*
- 5. Serve with spinach or toast*

Cajun chicken

Serves two

Ingredients

Marinade

1 tbsp smoked paprika
2 tbsp ground cumin
1 tbsp ground coriander
1 garlic clove, crushed
1 tsp olive oil
4 skinless chicken breast

Salad

150g spinach, chopped
A handful each of parsley, mint and coriander (finely chopped)
½ red onion, diced
1 tsp olive oil
2 avocados, cubed

Mango salsa

1 mango, diced
5 cherry tomatoes, diced
A handful coriander, chopped
1 lime, juiced
½ chilli, finely diced
Sea salt
Black pepper

Method

1. Combine marinade spices and chicken in a large bowl then set aside for 10 minute
2. Heat up a large non-stick frying pan (or griddle)
3. Whilst the pan is heating up wrap each marinated chicken breast in cling film and seals at the ends then bash lightly to 1 cm thick
4. Cook each chicken breast for about 5 minutes each side until cooked
5. Combine salad ingredients together
6. Combine salsa ingredients together
7. Serve the chicken with salsa and salad



