



NUTRITION ON THE FLY:

10 QUICK AND NUTRITIOUS
RECIPES FOR BUSY DAYS

BRUSSEL SPROUTS SLAW WITH LENTILS

The addition of folate-rich lentils to brussel sprouts in this slaw also helps support our brain to age healthily.



Easy



30 minutes



Breakfast



04 Servings as a side

INGREDIENTS

Lentils

- 1 ½ cups puy lentils, uncooked
- 3 cups cold water
- ½ teaspoon salt

Dressing

- 1 clove garlic, crushed
- 1 teaspoon honey
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- ¼ teaspoon salt

Salad

- 300g shredded Brussels sprouts
- 1 apple, shredded or very finely sliced
- ½ bunch fresh mint, leaves picked and chopped
- 2 spring onions, finely sliced
- 100g fresh pomegranate
- 2 tablespoons mixed seeds



METHOD

1. Rinse the lentils in plenty of water, then place in a small saucepan with the water and salt and cook until just tender, generally around 20-25 minutes, or according to packet instructions. Don't overcook or they will become soggy.
2. Next, make the dressing by whisking all the ingredients together in a bowl.
3. Place the shaved brussels sprouts in a large salad bowl, drizzle with the dressing and toss well. Set aside while you prepare the rest of the ingredients. Add the remaining ingredients and toss well. Top with mixed seeds of choice.

CASHEW CREAM WITH MIXED BERRIES

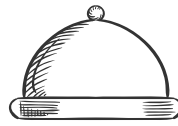
Rich in vitamins and minerals such as zinc, magnesium and selenium, which play an important role in our immune health. This dish can be eaten as a healthy breakfast or dessert.



Easy



10 minutes



Breakfast or Dessert



02 Servings

INGREDIENTS

- 125g raw cashew nuts, soaked in
- water for 1-2 hours
- 150 ml water (in addition to the
- soaking water)
- 1 tablespoon maple syrup (or to
- taste)
- ½ teaspoon vanilla extract
- 2 tablespoons fresh or frozen berries
- (or 1 teaspoon berry powder)
- Mixed berries to serve
- Optional toppings: Bee pollen, chia
- seeds, shaved coconut



METHOD

1. Soak the cashew nuts in water to soften, then drain and discard the water.
2. Add the drained cashews, 100ml of the additional water, maple syrup, vanilla and berries to a blender or food processor and mix until smooth. Add remaining water to achieve desired consistency. You should end with a lovely, smooth thick cream.
3. Serve the cashew cream with mixed berries and additional toppings as desired.

CHICKEN SOUP

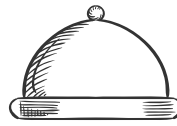
Chicken soup is as comforting and warming as it gets. It makes a great lunch option being full of plenty of vegetables and protein, providing energy to get through the day without the afternoon slump.



Easy



15 minutes



Lunch



04 Servings

INGREDIENTS

- 1 large onion, finely chopped
- 3 sticks celery, finely sliced
- 3 carrots, finely chopped
- 2 courgettes, finely chopped
- 1 tbsp Olive oil
- 100g red lentils, rinsed
- 2 litres chicken stock
- 50g frozen peas, defrosted
- 350g cooked chicken, shredded
- 100g spinach, shredded
- 1 bunch of fresh flat-leaf parsley



METHOD

1. In a large saucepan add the olive oil, onion, celery, carrots and courgette and sauté for a few minutes.
2. Add the rinsed lentils and stock to the pan and bring to a gentle boil. Lower the heat and simmer for 12-15 minutes until the vegetables have softened and the lentils are cooked.
3. Add the frozen peas, spinach and shredded chicken and cook over low heat for a minute or so until the vegetables and chicken have warmed through.
4. Top with chopped flat-leaf parsley and season to taste.

QUINOA SALAD

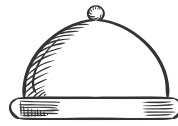
Just excellent if you want to keep your energy up in the afternoon – no blood sugar slumps after this lunch!



Easy



15 minutes



Lunch



02 Servings

INGREDIENTS

- 50g quinoa cooked
- 1/2 tsp turmeric
- 1/2 tsp bouillon powder
- ¼ tin chick peas, drained and rinsed
- 1 small sized pepper
- ½ a chilli (optional)
- 5 cherry tomatoes
- 2 inch section of cucumber
- Handful of parsley
- 50g feta cheese, diced.
- 2 or 3 mint leaves
- 1 tablespoon extra virgin olive oil
- Juice of half a lemon



METHOD

1. Simmer Quinoa in some water with an added teaspoon of turmeric and Swiss vegetable bouillon powder. Cooking time is approximately 10-12 minutes. Keep checking to avoid overcooking. The seeds should still be slightly chewy but not hard.
2. Prepare a big batch of this Quinoa mixture in advance. Freeze in 50g portions.

The Salad:

1. Shop the pepper, chilli, tomatoes, cucumber and parsley finely.
2. Add to a bowl with the cooked quinoa and drained chickpeas.
3. Chop the mint extra fine and mix in.
4. Drizzle with the olive oil and lemon.

TOFU POKE BOWL

Poke bowls are so versatile and work well in a lunchbox.

You can really make these your own according to taste so go ahead and experiment with flavours.



Medium



20 minutes



Lunch



02 Servings

INGREDIENTS

Tofu Marinade

- 280g block of firm or extra firm tofu
- 1/3 red onion, thinly sliced
- 35 ml tamari soy sauce (or coconut aminos)
- 1 tablespoon lime juice
- ½ tablespoon sambal oelek (or chilli paste)
- ½ teaspoon sesame oil
- 2 cloves garlic, grated
- 2 cm piece of ginger, grated

Bowl

- 150g cooked quinoa (or swap for rice)
- ½ cucumber, diced
- 1 tsp olive oil
- 75g corn kernels, fresh, frozen or canned and drained
- Large handful of mixed salad greens
- 50g mango, diced
- 80g edamame beans
- Toasted sesame seeds
- Tofu

Optional: Pickled ginger

Suggested variations: julienned carrot, diced beetroot, sashimi grade salmon or smoked salmon, tuna, chicken, seaweed salad, shredded dried seaweed, finely sliced red cabbage, avocado, coriander, or diced pineapple.



METHOD

1. To prepare the tofu, drain then cut in half and gently press between 2 pieces of kitchen towel to soak up the extra moisture. Then dice the tofu into 2cm cubes. Place the marinade ingredients in a shallow dish then add the tofu and gently toss to coat well, being careful not to break the tofu up.
2. Leave to marinade for 15 minutes.
3. In a small fry pan, gently heat the olive oil and the corn. Cook over high heat for a few minutes until starting to brown.

To assemble the bowl:

1. Start with the quinoa or rice (or a mix of both) and add salad greens and mango. Top with the marinated tofu, cucumber, charred corn, mango, edamame beans and herbs.
2. You can drizzle over some of the left over marinade, or top with sriracha sauce.

CHICKEN AND VEGGIE NOODLE SALAD

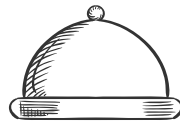
Miso is a probiotic food meaning it contains healthy bacteria that may help prevent bad bacteria on gums and teeth.



Easy



25 minutes



Lunch or Dinner



04 Servings

INGREDIENTS

- 2 tablespoons white miso paste
- 1 teaspoon honey
- 2 cloves garlic, crushed
- 2 tablespoons extra virgin olive oil
- 600g chicken breasts, cut into strips
- 800g sweet potato peeled and spiralsised
- 4 spring onions, finely sliced
- 350g frozen edamame, defrosted
- 1 cup Thai basil leaves
- 1 cup coriander leaves
- ½ cup toasted cashews, chopped
- Lime wedges to serve
- Chopped fresh chilli

Miso dressing

- 2 tablespoons white miso paste
- 1 tablespoon lime juice
- 2 tablespoons warm water
- 1 teaspoon honey



METHOD

1. Preheat a hot plate or a grill to high.
2. Place the miso, honey, garlic and olive oil in a small bowl and stir to combine. Add the chicken strips and marinate for at least 20 minutes.
3. Meanwhile, make the dressing by placing the ingredients in a glass jar with a lid and shaking to emulsify and mix well.
4. Once the chicken has marinated, place it on the hot plate and cook for a few minutes each side until lightly charred and cooked through. Set aside.
5. Place the spiralsised sweet potato noodles in a pan of boiling water for a few minutes to soften then add the edamame for a minute or so then drain.
6. Divide the sweet potato and edamame between 4 plates. Then add the chicken to the plates and top with the herbs, spring onions and toasted cashews and serve with lime wedges.

PEPPER WALNUT AND BEAN DIP

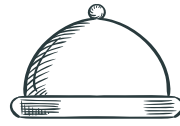
This tasty dip could be just the sort of snack your brain will thank you for!



Easy



5 minutes



Snack



04 Servings

INGREDIENTS

- 1.5 roasted red bell peppers from a jar, drained and roughly chopped
- 50g fresh shelled walnuts
- Half a can of cannellini beans, drained
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- ¼ tsp chilli powder (optional)
- 1 very small garlic clove, sliced
- Good squeeze of lemon juice (optional)
- Salt and pepper to taste
- Top with
- Drizzle of olive oil
- Teaspoon of harrisa paste
- Sprinkling of chopped walnuts



METHOD

1. Roughly chop the bell peppers and put in a food processor with the rest of the ingredients.
2. Blend for a minute or two, until you have a fairly smooth paste. Check the seasoning and add more if desired.
3. Decorate with your choice of toppings and serve with raw vegetable batons, or spread the dip on oatcakes or wholegrain crackers.
4. This dip can be covered tightly, taken in to work and kept in the fridge for 3-4 days.

CRUMBED SARDINES

Sardines are an excellent source of omega 3 fatty acids, which may offer support against certain eye conditions and age-related macular degeneration.



Easy



15 minutes



Dinner



04 Servings

INGREDIENTS

- 12-16 sardine fillets, heads and tails removed
- 1 cup sourdough breadcrumbs
- 50g spelt flour, for dusting
- 1 egg, lightly beaten
- Olive oil, for frying
- 1 lemon wedge, to serve
- Sea salt



METHOD

1. Pat the sardines dry and sprinkle with sea salt. Using separate bowls, coat the sardines in the flour, then dip in the egg and finally the breadcrumbs.
2. Heat the olive oil in a fry pan over low heat, and gently pan-fry the sardines for 2-3 minutes each side, until just cooked. Remove from the heat. Arrange the sardines on a serving plate and serve with leafy salad greens and a tomato side salad.

SAVOURY PORRIDGE

Oats are a good source of dietary fibre and support cardiovascular health.



Easy



10 minutes



Dinner



04 Servings

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 onion, thinly sliced
- 250g button mushrooms, thinly sliced
- 10g fresh thyme leaves
- 200g jumbo oats
- 1 litre vegetable stock
- 2 tsp tamari soy sauce
- 75g feta cheese



METHOD

1. Add the olive oil to a fry pan over medium heat. Add the onion and cook for a few minutes to soften, add the mushrooms and continue cooking until soft then add the thyme leaves. Remove and set aside.
2. In a medium saucepan, add the oats and stock. Bring to a boil then simmer for 5 minutes or until desired consistency. If too dry add extra liquid, then stir in the tamari.
3. Divide the porridge between bowls, top with the mushroom mixture and sprinkle over crumbled feta. Leftovers will keep for a few days in the fridge, but you may need to add extra stock or water.

STEAMED HERBY GINGER FISH

Growing your own herbs is a great way to avoid food waste and add plenty of flavour to your cooking. This herby dressing uses herbs commonly grown at home for a flavour-packed meal.



Easy



15 minutes



Dinner



04 Servings

INGREDIENTS

- 3cm piece ginger, sliced
- 4 x 150g firm white fish fillet, skin removed
- 4 pak choi thinly sliced
- 240g soba noodles (or noodles of choice)
- Micro herbs to top

Herby Dressing

- 1 cup coriander leaves, picked
- 1 cup mint leaves, picked
- 1 small, red chilli, seeded
- 1 spring onion
- 2 tablespoons tamari soy sauce
- 1 tablespoon honey
- 1/3 cup lime juice



METHOD

1. Start by making the dressing. Place all the ingredients in a food processor and pulse until finely chopped.
2. Place the fish fillets in a steamer and top with the ginger slices. Steam for 5-6 minutes, though this will depend on the thickness of the fish. Check after a few minutes if using a thinner fillet. Add the pak choi for the last few minutes to lightly steam. Set aside once cooked.
3. While the fish is cooking, fill another saucepan with water and bring to the boil. Cook the noodles for 3-4 minutes, or according to packet instructions.
4. To serve, place the noodles on a plate and top with the fish and pak choi and pour over the dressing. Top with micro herbs and serve.

Chickpea and broccoli soup



This warming, hearty soup is simple to make and is rich in fibre and plant-based protein. It uses handy store cupboard basics such as chickpeas (or you can swap for other tinned white beans), and you can use good quality stock cubes if needed.

Serves 4

Ingredients

- 150g coarse sourdough breadcrumbs
- 75g finely grated pecorino or parmesan
- 400g can chickpeas, rinsed and drained
- 2 tablespoons fresh rosemary sprigs, finely chopped
- 2 tablespoons extra virgin olive oil
- 1 onion, thinly sliced
- 4 cloves garlic, crushed
- 1 teaspoon fennel seeds
- 1 litre chicken stock
- 1kg broccoli, trimmed and sliced
- Fresh mint or basil to taste

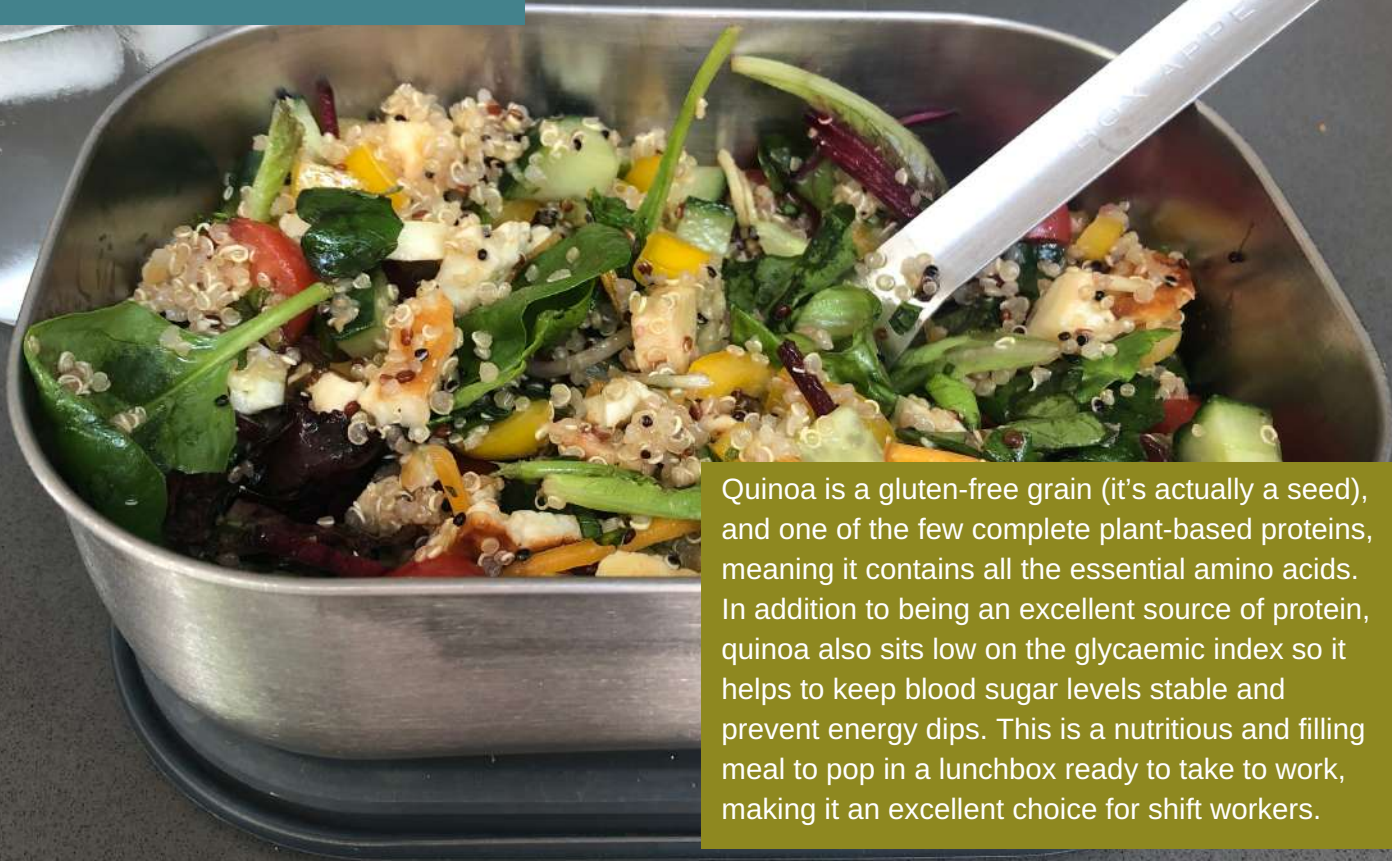
SUBSTITUTIONS:

- Use frozen/puree garlic and frozen onion
- Can use frozen broccoli, but reduce cooking time
- Swap chickpeas for other canned white beans
- Swap fennel seeds for cumin

Method

1. Preheat the oven to 220°C (425°F). Place the breadcrumbs, cheese, half the chickpeas and rosemary on a large oven tray lined with non-stick baking paper and toss to combine. Drizzle with half the oil and cook for 8-10 minutes or until golden brown.
2. Meanwhile, heat the remaining oil in a large saucepan over high heat. Add the onion, garlic and fennel and cook, stirring, for a few minutes, or until softened. Add the stock and bring to the boil.
3. Add the broccoli and remaining chickpeas and cook for a further 5 minutes or until the broccoli has softened but is still bright green. Be careful not to overcook. Remove from the heat and blend using either a hand mixer or in a food processor.
4. Divide the mixture between bowls and top with the breadcrumb mixture and the fresh mint or basil. Sprinkle with pepper and sprinkle over crushed chilli flakes and a drizzle of olive oil.

Mediterranean halloumi & quinoa salad



Quinoa is a gluten-free grain (it's actually a seed), and one of the few complete plant-based proteins, meaning it contains all the essential amino acids. In addition to being an excellent source of protein, quinoa also sits low on the glycaemic index so it helps to keep blood sugar levels stable and prevent energy dips. This is a nutritious and filling meal to pop in a lunchbox ready to take to work, making it an excellent choice for shift workers.

Serves 4



Ingredients

- 1 cup quinoa, rinsed
- 125g halloumi, cut into slices
- 1 cup cherry tomatoes, halved
- ½ bunch long-stemmed broccoli, lightly steamed and chopped
- 1 each red and orange capsicum, chopped
- 1 cup baby spinach or mixed leaves, finely chopped
- 1 cucumber, chopped
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Juice ½ lemon
- ½ cup mint, chopped
- 1 cup Italian parsley, chopped
- 30g sunflower seeds



Method

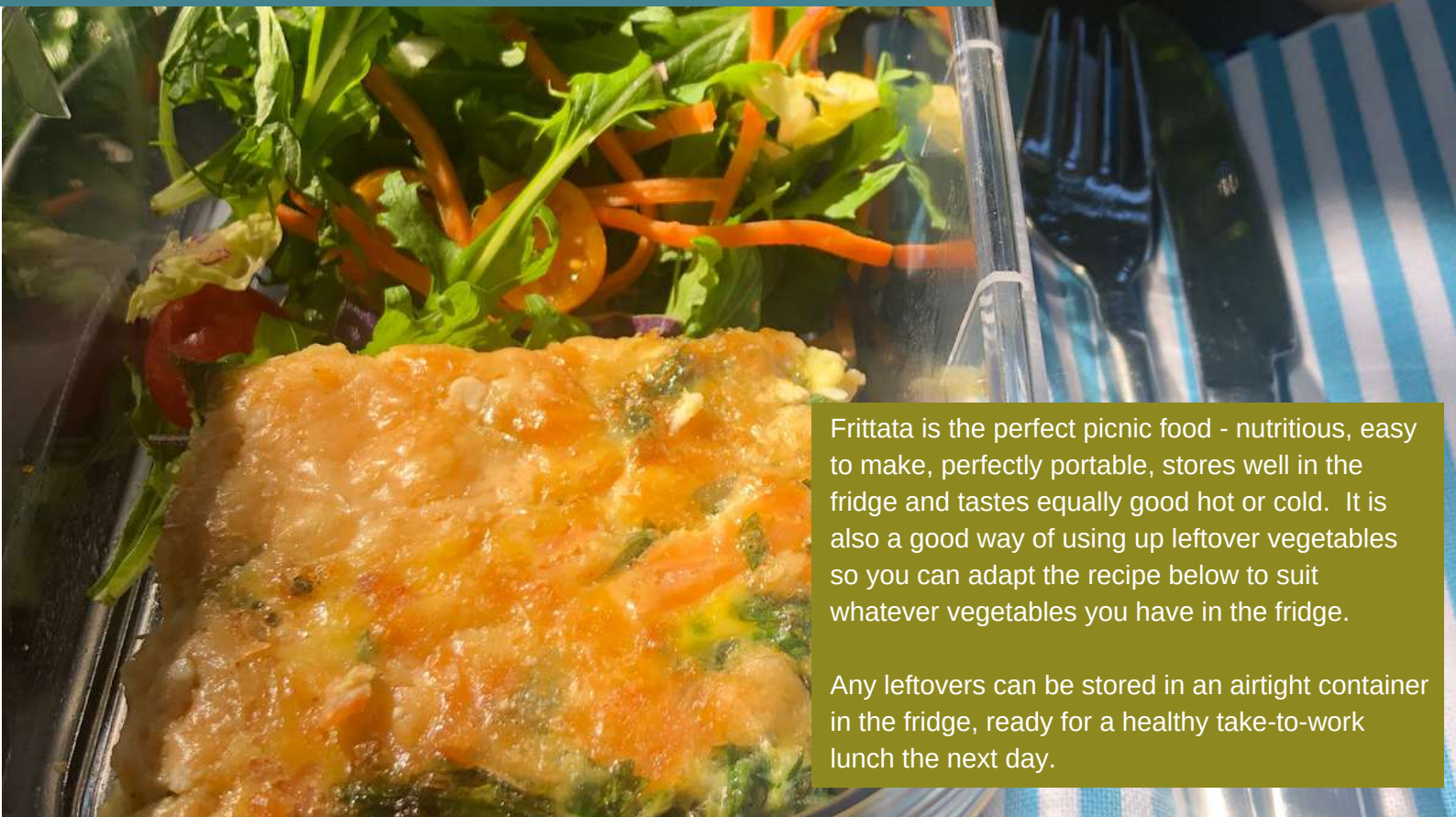
Cook the rinsed quinoa in boiling water according to packet instructions, generally 10-12 minutes. Drain well and place in a serving bowl to cool.

Pat the halloumi slices dry with a kitchen towel and dry fry or place under a grill to brown lightly. Remove from the heat and cut into large chunks then add to the quinoa. Add the chopped vegetables.

To make the dressing, whisk the olive oil, balsamic vinegar and lemon juice and drizzle over the quinoa. Mix gently until combined. Top with the chopped herbs and sunflower seeds and serve.

Will keep in the fridge for 2 days.

Salmon and sweet potato frittata



Frittata is the perfect picnic food - nutritious, easy to make, perfectly portable, stores well in the fridge and tastes equally good hot or cold. It is also a good way of using up leftover vegetables so you can adapt the recipe below to suit whatever vegetables you have in the fridge.

Any leftovers can be stored in an airtight container in the fridge, ready for a healthy take-to-work lunch the next day.

Serves 4



Ingredients

- 150g sweet potatoes, peeled and diced
- 1 large onion, chopped
- 1 teaspoon olive oil
- Salt and pepper to taste
- 6 large eggs
- 100g baby spinach, chopped
- 1 large courgette, grated
- 75g feta cheese, crumbled
- 150g smoked salmon, torn into pieces
- 1 teaspoon chopped Italian parsley
- 75g shaved parmesan



Method

1. Preheat the oven to 180°C. In a large baking tray add the sweet potatoes and onion and mix with the olive oil. Season with salt and pepper and bake for around 30 minutes until soft
2. Whisk the eggs in a large bowl and add the spinach, courgette, feta, smoked salmon and parsley and mix to combine
3. Line a square cake tin (20cm x 20 cm) with baking paper. Add the sweet potato and onion and pour over the egg mixture. Sprinkle with parmesan and cook in the oven until set, around 20-25 minutes
4. Serve with a side salad of mixed green leaves