

Middle Eastern Rainbow Rice

This tasty and colourful meal can be made in minutes, and the rice and lentils are ideal for batch cooking. It's packed with nutrients that help restore your health and energy after the stresses of a long day.

Brown rice is full of B vitamins, which contribute to energy production and benefit the nervous system. It's also a great source of magnesium, known as the 'relaxing mineral'. As for lentils, they are rich in the amino acid tryptophan, a precursor to serotonin, the brain chemical which facilitates sleep and a feeling of contentment.

Per person



Ingredients

Rice & Lentils

- ½ cup of brown basmati rice
- ¼ cup of lentils
- 2.5 cups of water
- Pinch of turmeric
- Pinch of Swiss bouillon powder

Salad

- 25g of feta cheese, crumbled
- 1 large handful of parsley (or green leaves such as watercress, spinach or Rocket)
- 5 cherry tomatoes
- 1 small red onion (or spring onions)
- Small handful of red cabbage
- Small handful of olives
- 1/3 of a pepper
- 1 cm slice fennel
- 1 fresh chilli
- 1 tbsp olive oil
- Juice of half a lemon and pumpkin seeds to garnish



Method

- Rinse the rice and the lentils, and ideally leave to soak a couple of hours (to get rid of the phytic acid, a natural chemical which competes with other nutrients for absorption).
- Cover with the water and bring to the boil together. Turn down the heat and simmer with the lid on until the rice and lentils are fluffy.
- Remove from the heat and leave to cool down.
- Meanwhile, chop the vegetables very finely and place them around the plate, alongside the feta and olives.
- Spoon the rice and lentils into the middle, drizzle with olive oil and lemon, and sprinkle the seeds over the top.

Chocolate slab



This delicious chocolate slab makes a healthier alternative to store-bought chocolate bars. Raw cacao is rich in minerals, including magnesium, potassium and zinc as well as antioxidants and active compounds such as flavanols and theobromine. Eating chocolate with a high cacao content is thought to have a positive effect on our stress levels and the mind. The high cacao content also makes this quite rich, meaning you will need less of it to feel satisfied.

Makes about 10 pieces



Ingredients

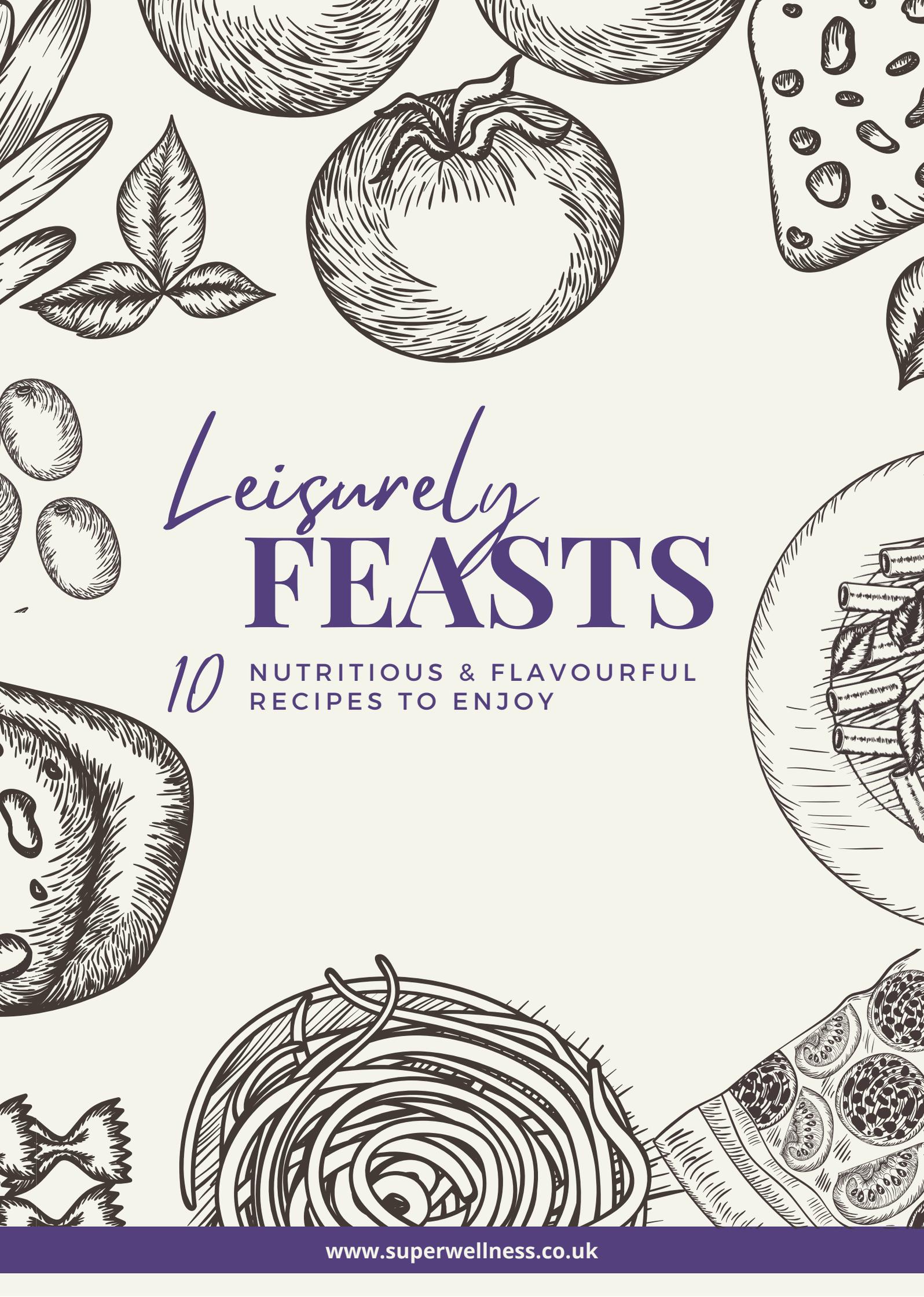
- 100g raw cacao butter*
- 5 tablespoons raw cacao powder
- 3 tablespoons raw honey
- 1-2 tablespoons almond (or cashew) butter, unsweetened
- Pinch salt (pink Himalayan rock salt is best for its higher mineral content)
- 1 teaspoon vanilla extract (or ¼ teaspoon vanilla powder)
- ¾ cup mixed chopped nuts and dried berries

* Cacao butter is the pale yellow fatty part of the cacao bean. It is very hard at room temperature



Method

- Line a baking tray or tin with greaseproof paper. Made here in a 20cm x 20cm square tin. It doesn't matter too much what size, but the smaller the tin, the thicker your slab will be, and the harder it will be to bite into
- Add all the ingredients (except the mixed nuts/berries) to a heatproof bowl and place over a saucepan of simmering water. Stir until melted together
- Add the nuts/berries
- Place in the fridge for a couple of hours to harden
- Best stored in the fridge and eaten cold, as it starts to soften when left at room temperature.



Leisurely
FEASTS

10 NUTRITIOUS & FLAVOURFUL
RECIPES TO ENJOY

BLACKENED SALMON WITH CELERIAC AND APPLE SLAW



SERVES
4



METHOD
BAKE



MINUTES
50

INGREDIENTS

For the slaw

- ¾ cup natural Greek-style yoghurt
- 1 tablespoon Dijon mustard
- 2 tablespoons apple cider vinegar
- 1 green apple, cut into matchsticks
- 1 small celeriac, peeled and cut into matchsticks
- 2 tablespoons chives, finely chopped
- 2 tablespoons Italian parsley, finely chopped
- ½ teaspoon sea salt flakes
- 1 tablespoon lime juice (or according to taste)
- 2 tablespoons dill sprigs

For the salmon

- 2 tablespoons smoked paprika
- 2 tablespoons sumac
- ½ teaspoon dried oregano
- 2 cloves garlic, crushed
- ½ teaspoon cracked, black pepper
- 4 x skinless salmon fillets
- 1 teaspoon extra virgin olive oil

1. Preheat the oven to 180°C (350°F).
2. To make the slaw add the yoghurt, mustard, vinegar, apple, celeriac, chives, parsley and salt in a bowl and combine. Slowly add the lime juice according to taste. Let sit for 20-30 minutes for the flavours to develop.
3. To make the salmon, place the paprika, sumac, oregano, garlic and pepper in a bowl and mix to combine. Rub the spice mixture all over the salmon to coat.
4. Place the salmon on a large tray lined with non-stick baking paper. Drizzle the oil over the salmon and cook for 10-12 minutes, or until cooked to your liking.
5. Divide the slaw and salmon between plates. Season if required and top with dill sprigs.



The crisp slaw pairs beautifully with the salmon, which as an excellent source of omega 3 essential fatty acids, is known as a good mood food, perfect for keeping the winter blues away.

CHICKEN PITA SKEWERS



SERVES
3 - 4



METHOD
GRILL



MINUTES
40

INGREDIENTS

- 3 chicken breasts, trimmed, cut into bite sized pieces
- 2 tablespoons lemon juice (about 1 lemon)
- Zest from 1 lemon
- 1 tablespoon olive oil
- 2 tablespoons honey
- 2 teaspoons fresh rosemary, chopped
- 1 garlic clove, crushed
- ½ teaspoon salt
- Pinch pepper
- 8 skewers
- 8 small pita breads
- 100g hummus
- Sesame seeds to top
- Salad to serve

1. Pre-heat the oven or grill to 180°C (350°F).
2. In a medium bowl add the lemon juice, zest, oil, honey, rosemary, garlic and salt and pepper and mix. Add the chicken pieces and stir to coat well. Cover and refrigerate for 30 minutes.
3. Remove the chicken, reserving the marinade, and thread onto the skewers. Brush the skewers with some of the marinade, and cook for 30-35 minutes, depending on how thick the chicken is, until cooked through. Turn half way through cooking and baste with any remaining marinade. Sprinkle over sesame seeds while still warm.
4. To serve, spread a tablespoon of hummus on each pita, place a chicken skewer on the pita, removing the skewer. Add salad and enjoy!



Eating outdoors calls for fuss-free food that tastes great, is easy to transport and isn't too messy to eat. Chicken skewers in pita bread are a great choice, just remember to remove the skewers before eating!

CHICKEN CURRY



SERVES
4



METHOD
**SAUTÉ
& BOIL**



MINUTES
40

INGREDIENTS

- 1 onion, diced
 - 2 tablespoons butter or coconut oil
 - 4 cloves garlic, peeled and finely sliced
 - 750g boneless, skinless chicken thighs, diced
 - 1 tbsp garam masala
 - 2 tsp ground cumin
 - 2 tsp ground coriander
 - 2 tsp paprika
 - 1 tsp ground turmeric
 - 500g tomato passata
 - 400ml can coconut milk
 - 75g frozen peas
 - 100 g baby spinach, finely sliced
 - 1 bunch coriander leaves
 - Salt and pepper to taste
- Optional chilli flakes

1. Add the diced onion and butter or coconut oil to a heavy-based saucepan and sauté for 5 minutes. Add the garlic, diced chicken, and spices and cook over low heat until the spices become fragrant. Be careful not to let them burn.
2. Add the passata and coconut milk and bring to just below a boil, then turn the heat down and simmer for 25-30 minutes or until the chicken is cooked through. Add the frozen peas and continue cooking for another minute or two. Turn off the heat and add the shredded spinach. Season to taste.
3. Top with coriander leaves and optional chilli and serve with basmati rice.



Regular take-aways can soon add up, leave a hole in your weekly budget. Instead, why not try making your own version of the Friday night curry. This butter chicken curry recipe really hits the spot, is easy to make and full of healthy ingredients too!

CAULIFLOWER PIZZA



SERVES
2



METHOD
BAKE &
SAUTÉ



MINUTES
40

INGREDIENTS

- 3 tablespoons chia seeds
- 4 tablespoons water
- 1 head of cauliflower (florets pureed in a food processor)
- 3 tablespoons Nutritional Yeast
- 1 tablespoon coconut flour
- 5 cloves garlic, minced
- 1 teaspoon sea salt
- 1 teaspoon dried basil (or mixed herbs)
- 200g Canned whole tomatoes, chopped
- 1 teaspoon extra virgin olive oil
- Freshly ground black pepper
- Vegan cheese to top

Optional toppings: pesto, roasted vegetables, mushrooms, rocket or spinach

1. Preheat oven to 180°C (350°F) & line 2 pizza trays with baking paper.
2. Make the chia 'eggs' by placing 2 tablespoons of the chia seeds in the water, stir & rest for 5 minutes until thickened and gel-like.
3. Lightly steam the cauliflower for a few minutes until just softened. Place the cauliflower in a nut mylk bag or in a muslin cloth or clean tea towel & drain & squeeze out the water. Set aside to cool. You want it to be quite dry, so make sure you squeeze all the water out.
4. In a mixing bowl, add cauliflower, chia eggs, remaining chia seeds, Nutritional Yeast, coconut flour, half the garlic, salt & basil & mix until combined. Split the "dough" into two, placing half on each tray. Spread into rounds roughly 1.5cm thick. Be careful not to spread too thin or holes will appear. Bake at 180°C (350°F) for 20 minutes until golden brown & firm to touch. Turn over half way through (put a plate on the top & flip to make sure the base doesn't crack).
5. Meanwhile make the tomato sauce. In a small saucepan add the olive oil, remaining garlic and a pinch of salt and pepper and cook until thickened.
6. Top pizza bases with tomato sauce & your favourite toppings & cook for another 10-12 minutes until the cheese has melted.



This grain-free pizza crust is much lighter than your average pizza dough. And being plant-based means it is bursting with nutrients. Chia seeds are a good source of healthy fats, protein and fibre, while the cauliflower provides an excellent source of vitamin C and other vitamins and minerals.

CHILLI TOFU WITH NOODLES AND SESAME DRESSING



SERVES
4



METHOD
SAUTÉ &
BAKE



MINUTES
40

INGREDIENTS

- 1½ tablespoon sriracha (or other spicy sauce)
- 1 teaspoon honey
- 2 tablespoons fresh orange juice
- 1 tablespoon olive oil
- 500g firm tofu, drained and sliced
- 240g soba noodles (or noodles of choice)
- 300g baby kale or mixed greens, blanched
- 200g white cabbage, shredded and blanched
- 2 spring onions, thinly sliced
- ½ cup roasted cashews, crushed
- Coriander leaves, to top

Sesame seed dressing

- 1/3 cup brown rice vinegar
- 1/3 cup tamari soy sauce
- 2 tablespoons maple syrup
- 2 long chillies, finely sliced (optional)
- 2 tablespoons black sesame seeds
- on white miso paste
- 1 teaspoon honey
- Salt & pepper to taste
- 1 bunch broccolini
- ¼ bunch fresh coriander, leaves picked & chopped
- ½ lime (or to taste)

1. Preheat the oven to 200°C (400°F). Place sriracha, honey, orange juice and olive oil in a bowl and mix. Place the tofu slices on a baking tray lined with parchment and brush the top with the sriracha mix. Bake for 20 minutes or until golden.
2. Meanwhile, cook the noodles in boiling water for 3-4 minutes or according to packet instructions, until just al dente, then rinse under cold running water to prevent sticking.
3. To make the dressing, place vinegar, tamari, maple syrup, chilli and sesame seeds in a bowl and mix to combine.
4. Place the noodles, kale, cabbage and spring onions in a large bowl. Pour over half the dressing and toss through the noodles. Divide between individual plates, then top with the tofu, the remaining dressing, chopped nuts and coriander.



Phytoestrogens are plant-based compounds that can mimic the effect of oestrogen, though in a much milder form. Some women may find including phytoestrogens in their diet, such as those found in soy and sesame seeds, can help reduce some symptoms.

HEARTY BEEF STEW



SERVES
4



METHOD
**BAKE &
SIMMER**



HOURS
3 ½

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 2 celery sticks, thinly sliced
- 1 onion, chopped
- 2 large potatoes, cut into chunks
- 3 carrots, halved lengthways then cut into chunks
- 2 tbsp plain flour
- 2 tbsp tomato puree
- 2 tbsp Worcestershire sauce
- ¼ tsp dried mixed herbs
- 750 ml beef or vegetable stock
- 3 bay leaves
- 800g stewing beef, cut into large chunks
- 100g kale or baby spinach, thinly sliced

1. Heat the oven to 160°C/140°C fan.
2. In a large, oven-proof casserole dish add the olive oil and heat gently. Add the celery, onion, carrot and potato and cook for around 10 minutes until the vegetables are starting to soften. Stir in the flour and mix to combine.
3. Next add the tomato puree, Worcester sauce, herbs, stock and bay leaves and mix well, then add in the beef and bring to a gentle simmer.
4. Cover and cook in the oven for 2 ½ hours, then uncover and cook for a further 30-45 minutes. The stew will thicken during this time. Remove from the heat and add the kale or spinach to the pan and serve.



Stews are great for helping you eat healthily on a budget. Cheaper cuts of meat like chuck, brisket and shin work best in stews, as the low slow cooking time tenderizes them. Double the recipe and freeze half for another day, and make use of any other root vegetables you have in the freezer for a budget-friendly meal.

MISO BAKED SALMON WITH PEAS AND QUINOA



SERVES
2



METHOD
BAKE &
BOIL



MINUTES
40

INGREDIENTS

- 60g quinoa, rinsed
- 150 ml water
- Pinch salt
- 80g frozen peas, defrosted
- 75g spinach leaves, finely chopped
- 1 teaspoon tamari soy sauce
- 2 salmon fillets
- 1 ½ teaspoon white miso paste
- 1 teaspoon honey
- Salt & pepper to taste
- 1 bunch broccolini
- ¼ bunch fresh coriander, leaves picked & chopped
- ½ lime (or to taste)

1. Pre heat oven to 200°C.
2. Add the rinsed quinoa, water and salt to a saucepan. Cover and simmer for 10-12 minutes over a low heat. Remove from the heat and add the frozen peas and chopped spinach. Set aside for 5 minutes by which time the quinoa and spinach should have softened. Add the tamari sauce and fluff through the quinoa with a fork.
3. As the quinoa is cooking, pat the salmon fillets dry. In a small bowl mix the miso paste with the honey and salt and pepper and rub over the top of the salmon. Place the fillets on a baking tray, skin side down in the oven and bake for around 12 minutes or until just cooked (depending on thickness of fillet).
4. Whilst the salmon is cooking, steam the broccolini over a pot of boiling water for a few minutes until tender but still crisp. Remove from the pan immediately to stop it getting too soft.
5. Divide quinoa, salmon and broccolini between plates and serve. Top with coriander and squeezed lime.



The key ingredients in this dish when it comes to supporting brain performance are salmon, which is rich in omega 3 fatty acids, and the broccolini and spinach, which are good sources of vitamin K, both of which are important for healthy brain cells.

SUMMER VEGETABLE LASAGNE



SERVES
4



METHOD
GRILL &
BAKE



MINUTES
45

INGREDIENTS

- 6-7 anchovy fillets in oil
- 1 bunch spring onions
- 4 cloves garlic, crushed
- 300g asparagus, chopped
- 250g frozen peas
- 200g frozen broad beans
- 100g spinach or kale, chopped
- 100 ml single cream
- 1 bunch mint
- Zest of 1 lemon
- 150ml vegetable stock
- 250g ricotta cheese
- 250g lasagne sheets
- Olive oil to drizzle
- Parmesan cheese
- Dried thyme

1. Heat a grill or fry pan. Add 1 tablespoon of the anchovy oil, the anchovies and the spring onions and cook, mashing the anchovies with the back of a wooden spoon. Next add the crushed garlic and cook over a low heat.
2. Add the asparagus to the pan, discarding any tough ends. Season with salt and pepper and add a splash of water. Cook for a few minutes, stirring occasionally before adding the peas, broad beans and kale. Next add the cream, chopped mint and lemon zest. Once cooked, roughly mash before adding the stock and half the ricotta and gently mix.
3. Using a 30 x 35cm oven tray, assemble the lasagne beginning with a layer of lasagne sheets, alternating with layers of the vegetable mixture, finishing with a layer of lasagne. Mix the remaining ricotta with a tablespoon of water and spread over the lasagne. Top with shaved parmesan, a drizzle of olive oil and thyme leaves and bake in the oven for 20-25 minutes, until cooked through and browned on top. Serve with a green salad.



Time spent away from the gadgets means more time for spending with friends and family. Long summer days are perfect for eating al fresco, and this lasagne is light and summery.

VEGETABLE TRAY BAKE



SERVES
4



METHOD
BAKE



MINUTES
60

INGREDIENTS

- 2 sweet potatoes, cut into slices or chunks
- 2 tbsp olive oil
- 2 peppers, cut into chunks
- 1 large onion, cut into wedges
- 1 tbsp balsamic vinegar
- 300g cherry tomatoes
- 3 tablespoon pesto
- 100g spinach, finely chopped
- 1 cup cooked basmati rice
- 225 g halloumi cheese, sliced

1. Pre-heat the oven to 200°C (390°F). Lightly oil a baking dish or sheet and add the sweet potato. Brushing with olive oil before putting in the oven for 15-20 minutes or until starting to soften.
2. To the baking dish add the peppers, onion and cherry tomatoes and drizzle with the remaining olive oil and the balsamic vinegar.
3. Return to the oven for a further 25-30 minutes or until the vegetables are lovely and soft and the tomatoes have released their juices. Stir through the pesto and chopped spinach. The stir through the cooked rice and scatter over the halloumi cheese slices. Next place the dish under the grill to gently brown the halloumi.
4. You can serve this as is, or it makes a delicious accompaniment to meals during the week. Add to salad, serve as a side for a protein, add to pasta, with eggs for breakfast or even on toast.



When looking to make healthy changes, something as simple as having healthy leftovers in the fridge can make it so much easier to make healthy choices. Feel free to swap in vegetables of choice.

WINTER BUDDHA BOWL



SERVES
2



METHOD
BAKE



MINUTES
40

INGREDIENTS

- 2 medium carrots, cut into bite-sized chunks
- 2 medium parsnips, cut into bite-sized chunks
- 1 medium sweet potato, cubed
- 200g cherry tomatoes
- 1 tablespoon olive oil
- 100g broccoli
- 100g cooked puy lentils
- 2 cooked beetroot, quartered
- Handful of mixed lettuce leaves
- 2 tablespoons kimchi
- 1 avocado
- 75g frozen edamame, defrosted
- 1 teaspoon sesame seeds

Dressing

- 1 tbsp white miso paste
- 75g tahini
- 2 cloves garlic
- 1 tsp maple syrup
- 1 tbsp lemon juice (or apple cider vinegar)
- Water
- Salt

1. Heat the oven to 200°C and line a baking tray with baking paper. Add the carrots, parsnips and sweet potato and drizzle with olive oil. Roast until softened, around 25 minutes, adding the tomatoes for the last 10 minutes. While cooking, lightly steam the broccoli in a saucepan, until just tender. Remove from the heat and set aside.
2. To make the dressing, whisk all the ingredients together in a small bowl.
3. Divide the roasted vegetables and broccoli between bowls, arranging the lentils, beetroot, lettuce leaves, kimchi, avocado and edamame around the bowl. Drizzle over the dressing and top with sesame seeds.



Buddha bowls make the ultimate comfort meal, are really simple and quick to prepare and are a great way of using up leftovers. We like to build ours using greens – choose your favourites; a protein, healthy fats (olive oil, nuts or seeds, avocado), vegetables (eat the rainbow), slow-release carbohydrates (grains or pulses), nuts and seeds and a delicious dressing to top it off.