

Chicken stir-fry with courgetti



Traditional noodles are often high in carbohydrates, which can cause spikes in blood sugar levels. Replacing them with spiralised courgettes (courgetti) is a simple way to lower your carbohydrate intake while also adding more vegetables to your meal.

Serves 4



Ingredients

- 3 free-range chicken breasts, cut into thin strips
- 2 teaspoons Chinese five-spice
- 2 teaspoons sesame oil
- 1 tablespoon olive oil
- 1 small onion, finely sliced
- 2 cloves garlic, crushed
- 4cm piece ginger, grated
- 1 fresh red chilli, chopped
- 2 carrots, julienned
- 1 red pepper, finely sliced
- 150g tenderstem broccoli, sliced
- 100g mixed mushrooms, sliced
- 100g Chinese greens or kale, chopped
- 100g edamame beans
- 2 large courgettes, spiralised
- 2 tablespoons tamari soy sauce
- 2 tablespoons black bean sauce
- 1 tablespoon sesame seeds
- Fresh coriander to serve



Method

Place the chicken, five-spice and sesame oil in a bowl and set aside.

Place the olive oil in a wok or large frying pan over medium-high heat and add the onion, garlic, ginger and chilli. Then add the chicken and stir fry for 1-2 minutes until golden.

Add the remaining vegetables (except the courgettes) and stir-fry for 4-5 minutes until cooked, but still with some crunch. Then add the courgettes and cook for a further 1-2 minutes to heat through. Mix the tamari and black bean sauce together and pour over the mixture and mix well.

Divide onto serving plates and top with sesame seeds, fresh coriander and extra chilli (to taste).

Lentil dhal with cauliflower 'rice'

A light and nutritious substitute for rice, cauliflower 'rice' is a low carbohydrate alternative. Not only will it boost your vegetable intake, but cauliflowers are a cruciferous vegetable, high in fibre and antioxidants that help support our digestive system and mental health. Lentils are a true mood boosting food packed with tryptophan, an amino acid which helps us produce serotonin, a feel-good hormone which is also helps regulate our sleep-wake cycle.

Serves 4



Ingredients

Cauliflower rice

- 1 head cauliflower, broken into florets
- 1 tablespoon olive or coconut oil
- 1 onion, finely chopped
- 1 teaspoon salt
- 1 tablespoon each pilau & Tikka Masala seasoning

Dhal

- 3 tablespoons olive oil
- 1 onion, chopped
- 4 garlic cloves, crushed
- 2.5cm piece fresh ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 large chilli (optional)
- 250g (1 cup) red lentils, rinsed
- 750 ml water (or can use vegetable stock)
- 1 cup chopped spinach leave
- ½ teaspoon salt
- 1 tablespoon lime juice
- Large handful coriander leaves to serv



Method

Cauliflower rice

Place cauliflower florets in a food processor and pulse until cauliflower resembles 'rice'. In a fry pan, gently melt the oil & lightly cook the 'rice' with the onion for around 5 minutes until the onion begins to soften. Stir in the spices until well combined.

Lentil dhal

Heat a saucepan over medium heat and add the oil or stock. When hot add the onion, garlic, ginger, cumin, coriander & chilli if using & gently cook until soft (around 10 minutes). Add the lentils & the water/stock, cover with a lid & cook, stirring occasionally for around 20 minutes, until the lentils have broken down. Add more stock/water if you prefer a runnier dhal. If too runny cook uncovered for a further 5 minutes .

Add chopped spinach leaves & cook for a further minute or two then add the salt. Remove from the heat & stir through the lime juice & top with coriander leaves. Serve the dhal with the cauliflower rice.

French toast



French toast is a delicious way to make the most of stale bread, one of the foods most commonly thrown away. This recipe also uses simple ingredients you probably already have in your kitchen.

Serves 4

Ingredients

- 4 large eggs
- 75ml whole milk
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon
- Pinch of salt
- 4 slices stale or day-old bread (roughly 2cm thick)
- Butter or olive oil, for cooking

- Optional: yoghurt, mixed berries and maple syrup or honey, to serve

Method

In a mixing bowl (large enough to hold the bread slices) add the eggs, milk, vanilla, cinnamon and salt, then whisk to combine.

Place the bread slices, one at a time, into the mixing bowl, turning after a few seconds to coat thoroughly. Allow to soak for a minute or two, then set aside (to avoid making them too soggy).

Add the oil or butter to a frying pan and heat gently. Add the bread slices, making sure not to overcrowd the pan. Cook for 2-3 minutes on each side, or until golden brown, turning with an egg slice to avoid breaking the bread. Continue until all the bread is cooked.

Serve with a dollop of yoghurt and a drizzle of honey or maple syrup and mixed berries.

Stewed cinnamon apples



“An apple a day keeps the doctor away” ... like many of these old sayings there lies an element of truth. Apples provide a source of both soluble and insoluble fibre, making them great for our digestion. Pectin, a soluble fibre, acts as a prebiotic, helping to feed the healthy bacteria in our gut. Apples are also a source of antioxidants, which are anti-inflammatory and help support the immune system. Cinnamon acts as a natural sweetener and helps reduce sugar cravings. Delicious served with yoghurt or porridge for breakfast, but equally good as a dessert.

Serves 4



Ingredients

- 4 apples, deseeded and chopped (leaving the skin on boosts the fibre content)
- 1 teaspoon ground cinnamon (or 1 cinnamon stick)
- 3 star anise (optional)
- 2-3 tablespoons water, depending on how juicy the apples are



Method

Put the ingredients in a saucepan and cook, covered, over low heat until softened, around 20-25 minutes. Check regularly to make sure the apples don't stick to the bottom of the pan.

Discard the star anise and cinnamon stick, if using. Serve the apples with yoghurt of choice, topped here with mixed nuts and blueberries.

Will keep for a few days in the fridge or you can freeze in individual portions for later.