

## **RECIPE SUGGESTIONS**

### **BREAKFASTS**

#### **BUCKWHEAT PANCAKES WITH SUMMER BERRIES – serves 6 large pancakes**

350ml water  
3 tbsp coconut oil  
120g buckwheat flour  
1 tsp baking powder  
½ tsp salt  
1 tsp vanilla

Blend all ingredients together to make a batter. Heat coconut oil in pan, add spoonfuls of batter to pancakes about 8-10cm across. Cook for a couple of minutes and then flip to the other side. Keep pancakes warm in oven while you finish up the batter.

#### **QUINOA PORRIDGE serves 1**

50g quinoa flakes  
1 medium apple thinly sliced  
½ teaspoon cinnamon  
coconut or almond milk

Place quinoa in a pan with double the volume of milk, apple and cinnamon and cook until liquid is absorbed.

#### **CINNAMON MILLET PORRIDGE serves 2**

100g millet flakes  
200ml water  
200ml almond milk

½ tsp ground cinnamon  
zest half lemon  
2 tblsp shelled hemp seeds

Bring the water and milk to the boil, add millet and simmer for 12 minutes, until cooked and plump. If its too thick add a splash of milk. Take off heat and stir in cinnamon and zest, sprinkle hemp seeds on top.

## **SOUPS**

### **Beetroot and butternut squash soup serves 3-4**

½ medium squash  
4 medium beetroots  
1 cinnamon stick  
1 tbsp coconut oil  
1 onion chopped  
500ml chicken stock/bone broth

Peel and cut up the beetroot and squash. Sauté the onion in the coconut oil on a medium heat until they become translucent. Add squash, beetroot and cinnamon to pan. Sauté all veggies for 10 minutes. Add the stock and bring to a boil. Then remove the pan from the heat, remove cinnamon stick and blend the mixture until smooth.

### **Spiced watercress and broccoli soup serves 2**

1 tblspn olive oil  
4 cloves garlic  
2 inch piece of ginger  
1 teaspoon cumin seeds  
1 teaspoon fennel seeds  
3 green chillis  
100g watercress  
100g broccoli  
400ml veg stock

Saute the onion in a pan in the oil. Add the garlic and ginger and the chilli. Add the cumin and fennel seeds and sauté for a couple of minutes. Add stock and bring to the boil. Add watercress and boil until wilted.

Add broccoli and cook for a few minutes until broccoli is tender. Blend in a blender until smooth.

### **Ginger and turmeric spiced soup serves 2**

2 tbsp coconut oil  
3 spring onions chopped  
2 cloves garlic minced  
1 inch piece ginger chopped  
9 medium carrots chopped  
1-2 teaspoon turmeric  
1 litre water

Melt coconut oil in a pan. Sweat the onion, garlic, ginger for 2 minutes. Do not brown. Add carrots and turmeric, add water and bring to a boil. Reduce heat and simmer for 20 minutes. Puree soup in blender.

## **LUNCH AND DINNER RECIPES**

### **GRILLED SALMON WITH LEMON VINIGRAETTE**

4 skinless boneless salmon fillets  
2 tablespoons coconut oil/olive oil  
100ml olive oil  
Himalayan pink salt  
2 lemons halved  
2 tablespoons chives  
2 tablespoons parsley

Heat grill. Coat fish with oil and salt. Grill until firm on the touch and nicely browned about 4 minutes on each side. Be sure to grill lemons at same time for dressing. Cut side down until they are softened. Transfer salmon to platter. Make dressing – squeeze lemons in to a bowl and whisk in the 100ml olive oil, stir in herbs and salt and pepper. Pour over salmon. Serve with big fresh salad and \*Green rice recipe below.

### **Spicy bean burgers with spinach**

1 tbsp olive oil  
1 small onion  
2 cloves garlic  
cayenne pepper

100g chopped frozen spinach  
400g cannellini beans  
1 tsp ground cumin  
1 tbsp corriander  
salt and pepper

Heat the oil in a small saucepan and cook the onion, garlic and chilli for 5 minutes until softened. Squeeze excess moisture out of spinach and place in large bowl. Mash the beans well and mix with spinach, cumin and coriander. Add the fried onion and stir well together. Season to taste and shape in to 4 round burgers. Grill or lightly fry on each side until crisp and golden.

### **GREEN RICE**

Approx. 250g basmati rice.  
Handful spinach  
Handful coriander  
½ onion  
1-2 garlic cloves  
1-2 tbsp olive oil  
approx. 300ml veg stock

Add spinach, coriander, onion and garlic to processor and blitz, adding about a tablespoon of olive oil as you blitz. You will now have a lovely green puree. Heat about 1 tbsp olive oil in a saucepan and add green puree. Cook for 1-2 minutes and then add the rice. Stir to ensure rice is coated with green puree and then add the vegetables stock. Bring to a boil. Reduce the heat to a low simmer and cover the pan. Let simmer on low heat for 15 minutes. Serve as a side dish with fish dishes.

### **CHICKPEA AND CAULIFLOWER CURRY**

2 tbsp coconut oil  
3 tbsp mediu curry paste  
2 large onion  
½ cauliflower  
1 can chickpeas  
400ml veg stock  
250g fine green beans  
handful coriander  
½ bag spinach  
Brown rice to serve

put the oil and curry paste in a large frying pan. fry onions in oil for around 5 minutes. Add cauliflower and chickpeas to the pan and stir to coat them in other ingredients. Pour in stock and stir. Bring to the boil then cover and simmer over a gentle heat for 30 minutes. Stir in green beans and cook for a further 5 minutes. Garnish with coriander. Serve with brown rice.

## **ROAST COD ON SPICED PUY LENTILS**

2 tbsp olive oil  
2 tsp curry powder  
4 x 200g thick cod fillet

### **For the spiced puy lentils:**

275g puy lentils  
1tbspn olive oil  
2 large garlic cloves  
1 chilli chopped  
1 tsp ground cumin  
1 red onion  
4 tbsp stock  
3 tbspn coriander chopped  
lemon juice

Preheat oven to 220degrees/gas mark7. Make the spiced lentils. Cook lentils in pan of simmering water for 20 mins. After 15 minutes, mix the olive oil for the fish with the curry powder. Brush all over the cod and season. Fry cod for 2 minutes until brown , turn over transfer to oven. Roast for 5 minutes. Drain the lentils, heat the oil in a pan. Add the garlic, chilli and cumin. Once sizzling stir in lentils, onion and stock, until warmed through. Add lemon juice and season. Add coriander. Serve cod on top.

## **QUINOA TABBOULEH serves 2**

370g quinoa cooked  
25g chopped parsley  
1 bunch spring onions  
25g fresh mint  
1 garlic clove

1 fresh chilli  
lettuce leaves  
45g olives  
120ml lemon juice  
1 tbsp fresh basil  
60ml olive oil  
Salt and pepper

Place all the ingredients except lettuce leaves in to a mixing bowl and toss together lightly. Chill for one hour to let flavours blend. Line salad bowl with lettuce leaves and add tabbouleh on top.

### **MILLET FALAFEL**

100g raw millet rinsed  
50g cooked chickpeas crushed with potato masher  
4 spring onions  
2 tbsp parsley  
1 lemon  
Extra virgin olive oil

Combine millet with 355 of water and pinch salt in a saucepan. Bring to a boil, lower the heat, cover the pot and cover until millet is very soft and all liquid absorbed. 25 min.

Stir the chickpeas, spring onions and parsley into cooked millet. Zest lemon and stir in with 2 tbspn olive oil. Using potato masher, crush mixture until it holds together a bit. Preheat oven to 130 degrees / gas mark ½. And line baking tray with parchment paper.

Next heat some olive oil in a pan and drop large tablespoons on the millet mixture into pan. Press each tablespoonful down to form thick pancake. Cook until brown and crisp – 3 min per side. Set cooked falafel on prepared baking sheet and keep warm in oven while you make the rest. Serve with homemade hummus and guacamole.

### **HUMMUS serves 4**

240g cooked chickpeas  
juice of half lemon  
1 large garlic clove  
1 tbsp tahini  
75ml extra virgin olive oil  
Himalayan salt

Blend all ingredients together until smooth and creamy.

**GUACAMOLE serves 4**

4 avocados  
juice 1 lemon  
1 red onion diced  
2 garlic cloves crushed  
½ bunch coriander  
½ bunch parsley  
black pepper

Mash avocado with all other ingredients, add black pepper to taste.