

1. One-Pot Salmon, Sweet Potato, and Spinach Stew

Ingredients:

- 2 fillets of salmon, cubed
- 1 large sweet potato, peeled and diced
- 1 large handful of spinach
- 1 onion, chopped
- 2 cloves garlic, minced
- 500ml vegetable or fish stock
- 1 tsp smoked paprika
- Salt and pepper to taste

Instructions:

1. Sauté onion and garlic in a large pot until softened.
2. Add sweet potato and paprika, cooking for 2-3 minutes.
3. Pour in the stock and simmer until sweet potatoes are tender (about 10 minutes).
4. Add salmon cubes and spinach, cooking gently until the salmon is opaque and cooked through (5-7 minutes).
5. Season with salt and pepper. Serve warm.

Benefits: Omega-3s from salmon for brain health, vitamin A and C from sweet potatoes and spinach for immunity and healing.

2. Lentil and Vegetable Curry

Ingredients:

- 200g red lentils, rinsed
- 1 large carrot, diced
- 1 courgette, diced
- 1 small cauliflower, chopped into florets
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp curry powder
- 400ml coconut milk
- 400ml vegetable stock
- Fresh coriander for garnish

Instructions:

1. In a large pot, sauté onion and garlic until softened.
2. Add curry powder, stirring to coat the onions.
3. Add lentils, vegetables, coconut milk, and stock. Stir well.
4. Simmer for 20-25 minutes until the lentils are soft and the vegetables are tender.
5. Garnish with fresh coriander before serving.

Benefits: Protein and fibre from lentils for energy, coconut milk for healthy fats, and antioxidants from veggies.

3. Quinoa, Chicken, and Veggie Pilaf

Ingredients:

- 2 chicken breasts, cubed
- 200g quinoa, rinsed
- 1 large handful of kale or spinach
- 1 red pepper, chopped
- 1 carrot, grated
- 1 onion, chopped

- 500ml chicken stock
- Salt and pepper to taste

Instructions:

1. Sauté chicken pieces in a large pot until browned, then remove and set aside.
2. In the same pot, sauté onion until translucent.
3. Add quinoa, vegetables, and stock. Stir to combine.
4. Return chicken to the pot and simmer for 15-20 minutes, or until the quinoa is cooked and stock absorbed.
5. Season and serve warm.

Benefits: High protein and fibre from quinoa and chicken, plus leafy greens for iron and vitamins.

4. Sweet Potato and Black Bean Chilli

Ingredients:

- 1 large sweet potato, peeled and diced
- 1 tin black beans, drained and rinsed
- 1 tin chopped tomatoes
- 1 red pepper, chopped
- 1 onion, chopped
- 1 tbsp chilli powder
- 500ml vegetable stock
- Salt and pepper to taste

Instructions:

1. Sauté onion and red pepper in a large pot until softened.
2. Add chilli powder, stirring well.
3. Add sweet potato, black beans, tomatoes, and stock.
4. Simmer for 20-25 minutes until the sweet potato is tender.
5. Season with salt and pepper before serving.

Benefits: High in fibre and antioxidants, protein from beans, and complex carbs from sweet potato.

5. One-Pan Beef and Barley Stew

Ingredients:

- 250g lean beef mince
- 100g pearl barley
- 1 carrot, diced
- 1 parsnip, diced
- 1 leek, chopped
- 500ml beef stock
- 1 bay leaf
- Salt and pepper to taste

Instructions:

1. In a large pot, brown the beef mince.
2. Add leeks and cook until softened.
3. Stir in the barley, vegetables, stock, and bay leaf.
4. Simmer for 30-40 minutes until the barley is tender.
5. Season with salt and pepper before serving.

Benefits: Iron and protein from beef for energy, and barley for slow-releasing carbs and fibre.

6. Chicken, Mushroom, and Brown Rice Casserole

Ingredients:

- 2 chicken thighs, bone-in, skin removed
- 200g mushrooms, sliced
- 1 onion, chopped
- 1 clove garlic, minced
- 200g brown rice
- 500ml chicken stock
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large pot, sear chicken thighs on each side until golden, then set aside.
2. Sauté onion, garlic, and mushrooms until softened.
3. Add brown rice and stir well, then pour in stock.
4. Return chicken thighs to the pot and simmer for 30-40 minutes, until rice is tender and chicken cooked through.
5. Season with salt and pepper, and garnish with parsley.

Benefits: Whole grains from brown rice, protein from chicken, and antioxidants from mushrooms.

7. Tomato and Cannellini Bean Soup with Kale

Ingredients:

- 1 tin cannellini beans, drained and rinsed
- 1 tin chopped tomatoes
- 1 large handful of kale, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 500ml vegetable stock
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions:

1. Sauté onion and garlic in a large pot until softened.
2. Add chopped tomatoes, beans, kale, stock, and thyme.
3. Simmer for 15-20 minutes, until kale is tender.
4. Season with salt and pepper before serving.

Benefits: Fibre and protein from beans, antioxidants from tomatoes, and vitamins from kale.

8. Butternut Squash and Red Lentil Dahl

Ingredients:

- 200g red lentils, rinsed
- 1 small butternut squash, peeled and cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp curry powder
- 500ml vegetable stock
- Salt and pepper to taste
- Fresh coriander for garnish

Instructions:

1. Sauté onion and garlic in a large pot until softened.
2. Add curry powder and stir to coat the onions.
3. Add lentils, squash, and stock. Stir to combine.
4. Simmer for 20-25 minutes, until lentils and squash are tender.
5. Season with salt and pepper, and garnish with coriander.

Benefits: Fibre from lentils, beta-carotene from squash, and anti-inflammatory spices.