



Family friendly
RECIPES

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Breakfast

SMOOTHIE BOWLS

Serves 2

Ingredients:

100g mixed frozen berries

100g frozen banana (1 small ripe banana)

2-3 tbsp unsweetened almond or coconut milk

1 scoop vanilla/plain protein powder (optional)

Toppings (pick 1-2)

1 tbsp shredded coconut

1 tbsp chia or hemp seeds

1 tbsp chopped nuts

1 tbsp granola

1 tbsp nut butter

extra berries

1. Add frozen berries and banana to a blender and blend on low until small bits remain.
2. Add a bit of coconut or almond milk and protein powder (if using), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into serving bowl and top with desired toppings.





PALEO GRANOLA

Serves 8

Ingredients:

100g almonds, roughly chopped

50g walnuts, roughly chopped

50g pecans, roughly chopped

50g unsweetened coconut flakes

25g ground almonds

1/2 tsp ground cinnamon

1/4 tsp salt (optional)

20g pure maple syrup

20g coconut oil (melted)

1. Preheat the oven to 160°C.
2. Line a large baking sheet with grease-proof paper.
3. Add all ingredients to a large bowl, fold until well mixed.
4. Pour onto the baking sheet in an even layer.
5. Bake for 15 mins. Gently turn granola, bake for an additional 5-10 mins, until golden brown.
6. Allow to cool and crisp for about 30 minutes. Enjoy with your favourite plain yoghurt and choice of berries.
7. Store in airtight container for 1-2 months.



Breakfast

HEALTHY PANCAKES

Everybody loves pancakes, don't they? And they can be part of a healthy lifestyle, too! You can pick the recipe you want (there is even a vegan option) and choose your topping/filling so that it fits with your taste buds. (serves 1)

Pick a pancake recipe from the 3 options below. To cook the pancakes (all options), melt a little coconut oil in a hot frying pan and fry on each side for about 60 seconds.

Banana Pancakes

1 medium banana, 2 eggs, mash the banana - mix the eggs in thoroughly

Oat Pancakes

40g oats, 1 egg, 8 tbsp unsweetened milk of choice - mix everything thoroughly

Vegan Oat Pancakes

40g oats, 1 tbsp flaxseeds mixed with 3 tbsp water and leave for 10 mins, 6 tbsp milk of choice - mix everything thoroughly

Cinnamon Yoghurt Topping

mix 2 tbsp plain Greek yoghurt with 2 tsp coconut palm sugar and 1/2 tsp cinnamon

Berry Chia Jam Topping

mash 2 handfuls of fresh or defrosted berries, mix in 1 tbsp chia seeds and leave for 10 mins

Nut Butter Topping

1 heaped tbsp of nut butter, no added sugar

Now pick a fruit

1 handful of berries

1 chopped apple / pear / nectarine

2 chopped plums / apricots

Breakfast



FLUFFY VEGAN PANCAKES

Serves 2 - makes 6 small pancakes

Ingredients:

140g apple purée

(use 2 x Ella's Kitchen pouches)

125g oat flour

(whizz up standard oats in blender to create flour)

130ml almond milk

2 tsp lemon juice

1 tbsp maple syrup

1/2 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1 tsp vanilla extract

1 tbsp coconut oil

Toppings

Strawberries, blueberries, coconut
yoghurt - you choose!

1. Combine all ingredients, except the coconut oil and toppings, in a blender and mix until combined, don't over blend.

2. Heat large frying pan and add a small amount of coconut oil.

3. Pour 2 small circles of batter into the pan, cook for 1-2 mins, until you can slide a spatula under to flip. Cook on other side, remove from the pan and keep warm in oven.

4. Continue until all of the batter has been used up.

5. Top with choice of toppings. Enjoy!

Breakfast

SCRAMBLED EGG - 5 WAYS

SPINACH AND FETA

2 large eggs, 1 tsp coconut oil, pinch of salt, twist of black pepper. Wilt a generous handful of spinach in another teaspoon of coconut oil and a splash of water. Crumble a tablespoon of feta.

FRESH HERBS

2 large eggs, smidge of cold water, 1 tsp coconut oil, pinch of salt, twist of black pepper. Chop up a mix of fresh herbs. Chives and parsley are a great combo.

PARMESAN AND PESTO

2 large eggs, smidge of cold water, 1 tsp coconut oil, pinch of salt, twist of black pepper. Grate 2 tsp of Parmesan and use 1 tbsp of pesto.

SMOKED SALMON, CREAM CHEESE AND CHIVES

2 large eggs, smidge of cold water, 1 tsp coconut oil, pinch of salt, twist of black pepper. 30g chopped smoked salmon, 30g cream cheese, sprinkle of chopped fresh chives.

TOMATOES AND RED PEPPER

2 large eggs, smidge of cold water, 1 tsp coconut oil, pinch of salt, twist of black pepper. Chop up 4-6 cherry tomatoes or 1 larger tomato, together with a few slices of red pepper and sauté in 1 tsp coconut oil for 2-3 mins.

METHOD

- Mix the eggs, water, salt and pepper and give it a good whisk.
- Melt the oil in a non stick pan and add the eggs.
- Gently fold the eggs with a wooden spoon until they are almost set.
- The final stage is to add in the filling - stir gently for a few seconds until nicely integrated.





OVERNIGHT OATS

Oats are such a versatile food and can help you to stay fuller for longer as it's a slow releasing carbohydrate. You can also mix and match toppings and fillings to ensure that you get a good balance of healthy fats, protein and at least one portion of fruit to set you up for the day.

Choose an item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight and it's ready for you first thing in the morning!

BASE (40G)

oats | quinoa flakes | buckwheat flakes.

LIQUID (150ML UNSWEETENED)

almond milk | hemp milk | coconut milk.

PROTEIN

1 tbsp protein powder | 100g plain Greek yoghurt
20g chopped nuts.

SEEDS (1 TBSP)

chia seeds | flaxseeds | pumpkin seeds.

TOPPINGS

1 handful frozen/fresh berries
1 chopped apple/pear/peach/nectarine
2 chopped plums/apricots.



BANANA PECAN BREAD

This high-protein, grain-free bread makes one delicious breakfast option. You'll need a food processor or blender to grind the pecan nuts to form a flour-like consistency. The bread is best served warm or toasted, spread with a little coconut oil or nut butter.

Ingredients:

300g / 10½ oz / 3 cups pecans

½ tsp cream of tartar

½ tsp baking soda

1 tsp cinnamon

4 free-range eggs

1 large ripe banana

2 tbsp light olive oil

1 tbsp maple syrup

1. Place the pecan nuts in a grinder or blender and process to form a fine meal.
2. Place in a bowl with the other dry ingredients,
3. Place the eggs, banana, oil and maple syrup in a blender and process until smooth.
4. Pour into the dry ingredients and mix thoroughly.
5. Spoon into a lined loaf pan.
6. Bake at 180C for 40–45 minutes until firm to the touch.
7. Allow to cool for 5 minutes before turning out.



GRANOLA

Choose an item from each category and mix all the ingredients thoroughly. Spread out the mixture on a baking tray and bake in a preheated oven at 180C for 12 minutes before cooling. Multiply the ingredients to make a larger batch of several servings in one go.

Base (30g)

oats | quinoa flakes | buckwheat flakes

Seeds (1 tbsp)

sunflower seeds | sesame seeds | pumpkin seeds

Optional sweeteners

2 tsp xylitol | 2 tsp coconut palm sugar
2 tsp maple syrup

Pick a flavour

Coconut & peanut butter:

1 tbsp melted coconut oil, 1 tbsp peanut butter,
1 tbsp coconut flakes

Cinnamon and chocolate:

2 tbsp melted coconut oil, 1 tsp cacao powder,
1 tsp cinnamon

Sesame and almond:

1 tbsp melted coconut oil, 1 tsp Tahini,
1 tsp almond butter

Serve with:

(pick one from each category)

- 150ml unsweetened milk | 150g plain Greek yoghurt
- 1 handful of berries | 1/2 chopped apple or pear | 1 chopped plum or apricot

APPLE AND TUNA SALAD

Ingredients:

- 175g tuna in brine, drained
- 1 apple, chopped
- 1 celery stick, sliced
- 1 little gem lettuce, torn into bite-sized pieces
- 1 tbsp mayonnaise
- 85g live natural yoghurt
- 2 tsp lemon juice
- sea salt and ground black pepper

1. Drain the tuna and mix well with the remaining ingredients.





RED THAI CHICKEN NOODLE BOWL

Ingredients:

2 tbsp coconut oil
2 garlic cloves, chopped
1 tbsp fresh ginger, grated
3 tbsp Thai red curry paste
200g boneless chicken breast/thigh, sliced
400ml chicken stock
2 tbsp fish sauce
400ml coconut milk
100g rice noodles
1 lime, juiced
Garnish with sliced red onion, sliced red chillis and coriander

1. In a large pan, heat the oil, garlic, ginger, and Thai red curry paste. Fry for 2–3 mins, until fragrant.
2. Add the chicken and cook for a couple of minutes, just until the chicken turns opaque.
3. Add the chicken stock, fish sauce, and coconut milk. Bring to a boil. At this point, taste the broth for salt and adjust seasoning accordingly.
4. Pour the boiling soup over the noodles in your serving bowls, add a squeeze of lime juice and your garnishes, and serve. The noodles will be ready to eat in a couple of minutes.
5. Alternatively, you can add the noodles to the boiling broth to cook them, and then divide among serving bowls.

KALE, SPINACH AND FETA PIE

Ingredients:

2 leeks, washed finely sliced
1 tbsp extra virgin olive oil
1 bunch kale or Cavolo Nero, washed trimmed and finely shredded
200g baby spinach leaves
Black pepper - a generous pinch
80g quality feta cheese (see notes)
6 organic eggs
zest of 1 lemon
1 bunch parsley, chopped
small handful pine nuts

1. Preheat the oven to 180 C / 360 F.
2. Sauté the leeks in the olive oil in a large heavy based pot until softened. Add the shredded kale and cook through for 5 minutes until soft and wilted. Add baby spinach leaves.
3. You may need to add these in two lots and cook through until just wilted. Season with black pepper and add the lemon zest and the freshly chopped parsley.
4. Spoon the kale and spinach mixture into a 22-cm pie dish.
5. Break eggs into a bowl and whisk lightly until combined.
6. Pour the eggs over the greens and gently incorporate through the mix of green goodness. Crumble the feta cheese and sprinkle over with a few pine nuts.
7. Bake for 40 - 45 minutes or until firm to the touch and golden.



THAI CHICKEN & NOODLE SOUP

Serves 4

Ingredients:

5cm piece root ginger
3 garlic cloves
1 green chilli
1 stalk lemongrass
350g chicken fillets
1 tbsp coconut oil
1/2 tsp turmeric
1 1/2 chicken stock cubes
600ml water
400ml can coconut milk
150g green beans
2 medium carrots
120g brown rice noodles
3 spring onions
100g beansprouts
2 tbsp Tamari
Coriander to garnish

1. Peel and finely chop the ginger, crush and finely chop the garlic, and deseed and chop the chilli. Lightly bash the lemongrass to release the flavour.
2. On a separate chopping board, cut the chicken into bite-sized pieces.
3. Heat the oil in a large saucepan over a medium heat and add the chicken, ginger, garlic, chilli, turmeric and lemongrass. Cook for 2-3 minutes, stirring well.
4. Make up the stock, adding the stock cubes to boiling water. Pour into the saucepan along with the coconut milk. Bring to the boil stirring it well before reducing it to a simmer. Simmer for 10 minutes.
5. Trim the green beans and cut in half. Cut the carrots into matchsticks. Add to the pan and cook for a further 5 mins.
6. Add the noodles to a pan of boiling water and cook for a few minutes (according to packet instructions) then drain.
7. Trim and finely slice the spring onions. Wash the beansprouts thoroughly. Add both to the pan and heat for a further 1-2 mins or until tender.
8. Stir in the noodles and Tamari.
9. Garnish with coriander leaves.

SIMPLE RED LENTIL & TOMATO SOUP

Serves 3-4

Ingredients:

1 tbsp coconut or olive oil

1 large red onion

2 garlic cloves

2 tsp ground cumin

700g cherry tomatoes

200g red lentils

2 vegetable stock cubes

Small bunch fresh parsley or coriander (optional)

Black pepper

1. Finely chop the red onion and garlic.
2. Heat the oil in a large saucepan over a medium heat. Cook the onion and garlic for 2-3 mins until lightly golden.
3. Add the cumin and mix thoroughly for 1 minute.
4. Add the tomatoes and cook over a high heat, stirring frequently, until the tomatoes turn into a bit of a mush.
5. Rinse the lentils well and add to the pan.
6. Make up the stock using 2 stock cubes and 1 litre of boiling water. Stir to combine well before adding half of the stock to the pan. Leave the lentils to cook until soft, about 15-20 mins, adding more stock, if required, to loosen the mixture in the pan.
7. Once the lentils are soft, add the remaining stock and transfer in batches to a jug blender to process into a smooth soup.
8. To serve, add a few twists of ground black pepper and sprinkle with parsley or coriander.





Lunch

GRIDDLED CHICKEN WITH GREEK SALAD

Serves 4

Ingredients:

225g quinoa

25g butter

1 red chilli, deseeded and finely chopped

1 garlic clove, crushed

400g chicken mini fillets

1½ tbsp olive oil

300g vine tomatoes, roughly chopped

handful pitted black Kalamata olives

1 red onion, finely sliced

100g feta cheese, crumbled

small bunch mint leaves, chopped

juice and zest ½ of lemon

1. Cook the quinoa in boiling water for 12 mins, then rinse in cold water and drain thoroughly. Meanwhile, mix butter, chilli and garlic into a paste.
2. Toss the chicken fillets in 2 tsp of the olive oil with some salt and pepper.
3. Lay chicken in a hot griddle pan (or frying pan) and cook for 3–4 mins each side or until cooked well.
4. Transfer to a plate, dot with the spicy butter and set aside to melt. Next, tip the tomatoes, olives, onion, feta and mint into a bowl.
5. Toss in the cooked quinoa.
6. Stir through the remaining olive oil, lemon juice and zest, and season well.
7. Serve with the chicken fillets on top, drizzled with any buttery chicken juices.



TERIYAKI SALMON BOWL

Serves 2

Ingredients:

2 salmon fillets (preferably wild)
2 tbsp Tamari (soy sauce)
2 tbsp mirin (rice vinegar)
2 tbsp sherry
1 tsp honey
1 1/2 tsp water
1 tsp cornflour
180g cooked quinoa
60g fresh spinach
1/2 avocado, sliced
40g edamame, shelled
1 carrot, grated
1 tsp sesame seeds
1 sheet Nori (or roasted seaweed snack) cut into thin slices
1 spring onion, sliced

1. Preheat oven to 200°C.
2. Prepare a baking sheet with foil.
3. In a small pan, combine Tamari, mirin, sherry and honey and heat gently over a low-medium heat.
4. While the mixture is heating, whisk together in a separate small bowl cornflour and water. Add flour mixture to Tamari mixture and bring to the boil. Reduce heat and stir until teriyaki reaches desired consistency (about 2-3 mins).
5. Place salmon fillets (skin side down) on prepared baking sheet, brush with teriyaki sauce. Reserve any unused teriyaki sauce. Place salmon in oven and cook for approx. 12-15 mins until pink.
6. Whilst salmon is cooking, heat a large pan, drizzle a small amount of water and cook spinach until it wilts, season with salt and pepper.
7. Remove salmon skin and discard.
8. To assemble, divide cooked quinoa between bowls. Top with spinach, carrot, edamame, avocado, sesame seeds, onions and Nori strips. Drizzle remaining teriyaki sauce over bowls.



HEALTHY BUTTER CHICKEN

Serves 4

Ingredients:

1 tsp olive oil
4 skinless, boneless chicken breasts, cut into cubes
1 onion finely chopped
3 garlic cloves, minced
1 tbsp fresh ginger, grated
2 tsp garam masala,
1 tsp turmeric
1 tsp paprika, 1 tsp ground coriander
1/4 tsp cinnamon
680ml jar tomato passata
2 tbsp almond butter
pinch salt and pepper
bunch chopped fresh coriander

1. Heat the oil in a large frying pan and brown the chicken, 3 to 5 mins. Transfer to a plate.
2. Add the onion, garlic, ginger and spices to pan. Cook, stirring often, until the onion starts to soften, about 3 mins.
3. Return the chicken and juices to pan. Stir in the passata. Scrape up and stir in any brown bits from the bottom of the pan.
4. Simmer until slightly thickened, about 5 mins.
5. Add almond butter, season with salt and pepper and stir well.
6. Sprinkle with coriander.
7. Serve with cauliflower rice or some green vegetables.

VEGETARIAN SHEPHERD'S PIE

Serves 4

1 tbsp coconut oil	400g tin chopped tomatoes
1 leek, finely chopped	400ml veg stock
2 carrots, roughly chopped	1 tbsp Worcestershire sauce (optional, contains anchovies)
150g chestnut mushrooms, roughly chopped	1 tbsp Tamari or soy sauce
1 garlic clove, minced	1 tsp chilli flakes (optional)
3 fresh sage leaves, roughly chopped	salt & pepper
400g tin green or Puy lentils, drained	

TOPPING

1 cauliflower, separated into florets
500g butternut squash, peeled & diced
knob of butter
salt and pepper

Preheat the oven to 200C/180 Fan/Gas 6. For the filling, heat the oil in a frying pan, add the leeks and fry for 4-5 mins. Add the carrots, mushrooms and garlic and continue to cook, stirring regularly, for 4-5mins. Add the sage, lentils, tomatoes, Worcestershire sauce, Tamari, chilli flakes and stock and stir. Bring the mixture to the boil, then reduce the heat until simmering and continue to simmer while you make the topping. For the topping, steam the cauliflower and butternut squash until soft. Add the butter, season well with salt and black pepper, then mash until smooth. Set aside and keep warm. Continue to simmer for a further 1-2 mins, adding a little water if the mixture is too dry (simmer for longer if the mixture is too watery). Season to taste with salt and freshly ground black pepper. Transfer the filling mixture to an ovenproof baking dish, then spoon over the topping and spread into an even layer. Bake the shepherd's pie in the oven for 15-20 minutes, or until the topping is golden-brown and the filling is bubbling.

SPEEDY SAUSAGE CASSEROLE

Using pre-cooked lentils (either packet or tin) and choosing smaller chipolata-sized sausages really cuts down the prep and cooking time.

Serves 4

Ingredients:

1/2 tbsp coconut oil
16 chipolata-sized sausages (choose high quality, high meat content)
2 red peppers, thinly sliced
1 courgette, diced
4 sprigs thyme
250g pre-cooked lentils
150ml veg stock
400g tin chopped tomatoes
1 bunch parsley, chopped
salt and pepper

1. Heat the coconut oil in large frying pan, add sausages and cook for 4 mins to brown.
2. Add the red pepper, courgette and thyme and stir fry for 3-4 mins.
3. Tip in the lentils, stock and tomatoes and season with salt and pepper.
4. Bring to a simmer and cook for 5 mins.
5. Make sure the sausages are cooked through and serve with scattering of parsley.
6. If you are extra hungry, serve with quinoa or cauliflower mash.



Dinner

CHICKEN CURRY IN 15 MINUTES

Serves 4

Ingredients:

1 tbsp olive oil
2 x 200g chicken breasts,
cut in to chunks
1 onion, diced
1 thumb sized piece of ginger, grated
4 cloves of garlic, crushed
1 tbsp ground cumin
1 tsp turmeric
1/2 tsp red chilli flakes
1 tsp ground cinnamon
1 tsp ground coriander
2 tbsp tomato purée
1 (400g) can chopped tomatoes
4 tbsp plain yoghurt
handful of fresh coriander finely chopped

1. Put the olive oil in a large pan, then add the onion, garlic and ginger and cook for 3 minutes until softened.
2. Add the chicken and cook for a further 3 minutes until browned.
3. Once the chicken is browned, add the red chilli flakes, cumin, turmeric, cinnamon and ground coriander to the pan, mix well and cook for a further 1 minute.
4. Add the chopped tomatoes and tomato purée to the pan and gently simmer for 10 minutes until the chicken is cooked through. Add a splash of water if it dries out.
5. Stir in the yoghurt and coriander before serving with your choice of cauliflower rice or broccoli rice.

SLOW COOKER TURKEY CHILLI

Serves 4

Ingredients:

- 500g minced turkey
- 1 tsp coconut oil
- 1 onion, chopped
- 1 red & 1 green pepper, chopped
- 1 red chilli, chopped
- 3 cloves garlic, minced
- 2 x 400g tin tomatoes
- 2 x 400g tins kidney beans, drained
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp dried oregano & fresh coriander
- salt & pepper
- 1 avocado, sliced

In a large frying pan heat the oil and add ground turkey. Crumble and cook until almost cooked through but still slightly pink, 4–5 mins. Drain excess liquid. Add turkey to your slow cooker along with all remaining ingredients. Stir until combined. Cook on low for 6 hours, or high for 4 hours, stirring occasionally. Once cooked, taste and adjust seasonings as desired. Ladle into individual serving bowls and top with coriander and sliced avocado. This goes well with quinoa or cauli rice.



SLOW COOKED BEEF CASSEROLE

Serves 4

Ingredients:

2 celery sticks, thickly sliced

1 onion, chopped

1 large carrot, halved lengthways and sliced

5 bay leaves & 3 sprigs thyme

1 tsp coconut oil

1 tbsp corn flour

2 tbsp tomato purée

2 tbsp Worcestershire sauce

1 beef stock cube, crumbled

450g stewing beef, cut into chunks

600mls hot water

Heat oil in large frying pan and add the beef to brown the meat. Add to the slow cooker, along with celery, onion, carrots, bay leaves and 1 thyme sprig. Stir in the flour until mixed in. Then add the tomato purée, Worcestershire sauce and stock cube. Gradually stir in the hot water. Cook on low power for at least 6 hours or on high for 4 hours.

Serve with a small baked sweet potato – perfect comfort food!



CHICKEN AND VEGETABLE TRAY BAKE

Serves 4

Ingredients:

2 large peppers

1/2 butternut squash

8 skinned and boned chicken thighs

100g pitted black olives

4 cloves garlic

1 tbsp fresh rosemary

2 tbsp olive oil

2 tbsp balsamic vinegar

Salt & pepper

1. Preheat the oven to 180C.

2. Slice the peppers and peel and dice the butternut squash.

3. Add the chicken thighs, peppers and butternut squash to a large baking dish. Add the olives.

4. Crush and finely chop the garlic and chop up the rosemary. Add both to a small bowl with the olive oil and balsamic vinegar and mix well. Add this on top of the chicken and vegetable mix.

5. Using your hands, massage the marinade into the chicken and vegetables. Season with salt and pepper and place in the oven for 45-50 mins, stirring once.

6. Serve when the chicken is cooked through and the butternut squash is tender.

7. Delicious served with some steamed broccoli, green beans or simply a side salad.



Dinner

LAMB WITH SPINACH CURRY Serves 4

This one takes a while to cook due to the cut of meat, but it is well worth it for that Saturday night curry. Alternatively cook on a Sunday, whilst prepping your breakfasts and lunches for the week.

Ingredients:

1 red onion
4 garlic cloves
600g lamb shoulder
2 tbsp coconut or olive oil
1 tsp cayenne
3 tsp ground coriander
3 tsp ground cumin
1 tsp turmeric
1/2 tsp ground cinnamon
2 cardamom pods
2 tins chopped tomatoes
1 tin coconut milk
200g fresh spinach
200g frozen peas
1/2 juice of lemon
Salt and pepper

1. Finely slice the onion, crush and finely chop the garlic and on a separate board, cut the lamb into cubes.
2. Heat the oil in a large saucepan on a medium heat and cook the onion for 4-5 mins until browned. Then add the garlic, cayenne, coriander, cumin, turmeric, cinnamon and cardamom and a couple of twists of black pepper. Add 4 tbsp of water and fry for a few mins until fragrant.
3. Add the lamb to the saucepan with a big pinch of salt and brown for 3-4 mins, adding water if it gets dry to prevent the spices from burning.
4. Add the tomatoes and bring the curry to a simmer. Cook for 45 mins, stirring every 15 mins.
5. Add the coconut milk, stir well and cook for a further 45 mins, again stirring every 15 mins.
6. Add the spinach and the peas and stir again until the spinach wilts.
7. Take the pan off the heat and stir in the lemon juice. Serve with cauliflower rice or a side of steamed vegetables.

SMOKY SLOW COOKER LENTIL CHILLI

Serves 5-6

Ingredients:

1 large onion	2 tbsp tomato puree
2 peppers	2 vegetable stock cubes
1 carrot	450ml water
3 garlic cloves	black pepper to taste
200g dry red lentils	2 tins kidney beans
1 tbsp chilli powder	1 avocado, sliced (optional)
1 tsp cumin	coriander to garnish
2 tsp smoked paprika	cauliflower rice (optional)
2 tins chopped tomatoes	

1. Dice the onion, roughly chop the peppers and carrot and finely chop the garlic.
2. Rinse the lentils well and add them to the slow cooker pot alongside the onion, peppers, carrot, garlic, chilli powder, cumin, smoked paprika, tomatoes and tomato puree.
3. Boil the kettle and pour 450ml of hot water into a measuring jug. Add the 2 stock cubes and mix to dissolve. Add to the slow cooker pot.
4. Add a few twists of black pepper and stir well to combine.
5. Cover and cook on low for 5-6 hours.
6. Rinse and drain the kidney beans and add to the pot, stirring to combine.
7. Ladle into bowls and top with avocado and coriander or serve on a bed of cauliflower rice.



Dinner

SPEEDY CHICKEN TIKKA

This is a good one to prepare in the morning to allow chicken to marinate.

Serves 4

Ingredients:

350g natural yoghurt
2 tbsp tikka curry paste
4 skinless chicken breasts
1 red onion, finely chopped
1/2 cucumber
1/2 pack coriander, chopped
1 lemon
275g vine tomatoes
large bag salad leaves

1. Mix together 150g of the yoghurt with the curry paste in a large bowl, add the chicken and coat in the mixture, cover and chill for at least 30 mins if time allows.
2. Prepare the raita close to the time of eating by halving the cucumber lengthways and scoop out the seeds with a spoon, cut into dice, then put in a bowl with the onion, coriander and the remaining yoghurt and add the juice of half a lemon to the raita.
3. Line a grill pan with foil and grill the chicken for 20 mins turning until nicely browned.
4. Assemble the salad leaves and tomatoes on a plate, slice the chicken, serve with a lemon wedge and raita.
5. Serve with a side dish of quinoa, cauli rice or leafy green veg.

Afterschool Snacks

VEGAN MUFFINS

Makes 6 - 8

Ingredients:

135g oats

110g cooked butternut squash (steamed until soft)

1 tbsp maple syrup

1 tsp cinnamon

¼ tsp ginger

¼ tsp nutmeg

35g dried cranberries

1. Preheat oven to 180C.
2. In a food processor combine all the ingredients except the cranberries. Mix until well combined.
3. Add the cranberries and pulse a few more times until they are well mixed in.
4. Spoon into lined muffin cups.
5. Bake for 10 mins and allow to cool.





GINGER NUT FLAPJACKS

Serves 12

Ingredients:

- 60g hazelnuts
- 60g almonds
- 150g rolled oats
- 50g dried unsweetened cranberries/
mulberries/ raisins
- 2 tsp baking powder
- 1 tsp ground ginger
- 1 tsp cinnamon
- 2cm fresh ginger
- 5 dates
- 75g coconut oil
- 3 tbsp maple syrup

1. Preheat the oven to 160C.
2. Chop/ bash the hazelnuts and almonds and place into a large bowl with the oats, dried fruit, baking powder, ground ginger and cinnamon.
3. Remove the skin from the fresh ginger and grate. Add to the bowl. Mix everything together until well combined.
4. Remove the stone from the dates and roughly chop them. Add them to the bowl.
5. Gently heat up the coconut oil and add the maple syrup. Mix well before adding to the bowl. Mix everything together well.
6. Line a 20 x 20cm baking tin with baking paper before scraping in the mixture, pressing it into the edges.
7. Bake for approximately 25-30 mins until golden brown around the edges.



Afterschool Snacks

YOGHURT FRUIT POT

Serves 1

Ingredients:

80g raspberries / blackberries

/ blueberries

1 tbsp chia seeds

100g coconut yoghurt

5-6 cashew nuts

1. Wash the fruit, set 4-5 aside to garnish and add the rest to a bowl. Mash and add the chia seeds. Combine and leave to set in the bottom of a glass / jar.
2. After 5 mins add the yoghurt.
3. Break up the nuts and add to the top of the yoghurt alongside 4-5 whole berries.
4. Serve.



PLUM MUFFINS

Ingredients:

50g buckwheat flour
100g ground almonds
1 tsp baking powder
1 tsp vanilla extract
2 eggs
2 tbsp coconut oil
2 tbsp maple syrup
60g plain coconut yoghurt
60ml coconut/ almond milk
2-3 ripe plums

1. Preheat the oven to 180C.
2. Place 9 paper/ silicon cases into your muffin tray.
3. In a large mixing bowl add the buckwheat flour, ground almonds and baking powder.
4. In a small bowl add the vanilla extract, eggs, coconut oil, maple syrup, coconut yoghurt and coconut milk. Use a fork or a whisk to combine the ingredients.
5. Dice 2 of the plums into small pieces and discard the stones. If you wish to, using the third plum, slice off the cheeks finely to use to decorate the tops of the muffins.
6. Combine the wet and dry ingredients and mix well. Gently fold in the diced plums.
7. Spoon the mixture into the muffin cases and, if using, place a thin slice of plum on top of each one.
8. Bake for 22-25 mins until golden and cooked through.
9. These are at their best on the day produced. However they can be stored in the fridge in an airtight container for several days or frozen and defrosted well before eating.

MINI SPINACH AND COTTAGE CHEESE FRITTATAS

Makes 6

Ingredients:

butter, for greasing

85g baby spinach

3 large eggs

6 tbsp cottage cheese

3 spring onions , sliced

few sprigs of dill, roughly chopped

fresh nutmeg, for grating.

1. Heat oven to 160C fan
2. Lightly grease a 6-hole muffin tin and line with squares of baking parchment as muffin cases.
3. Put the spinach in a colander in the sink and pour over a kettle full of boiling water, then leave to drain.
 4. When cool, squeeze liquid from the spinach, then roughly chop.
 5. Beat the eggs and season well.
6. Mix through the spinach, cottage cheese, spring onions, dill and a generous grating of nutmeg.
 7. Divide the mixture between the muffin cases.
8. Bake for 18–20 mins or until just set. Leave to cool a little before removing from the tin.
9. These will keep in an airtight container in the fridge for up to 2 days.

HOMEMADE CHOCOLATE HOBNOBS

1 cup (100g) gluten-free oats
1/4 cup (30g) gluten-free oat flour
pinch of salt
1/2 cup (50g) ground almonds
1/3 cup (80ml) coconut oil, melted
1 tbsp maple syrup or other liquid sweetener
100g chocolate of choice - recommend at least
70%, ideally use 80% or even 85%

1. Preheat your oven to 160C, fan assisted.
2. In a bowl, mix together the oats, oat flour, ground almonds and salt, then pour in the melted coconut oil and maple syrup.
3. Scoop onto a baking sheet covered with parchment paper and shape into equal sized biscuits.
4. Bake for 12–15 minutes. Leave to cool completely before adding the chocolate.
5. Break the chocolate up into pieces and place in a heat-proof bowl. Melt over a pan of simmering water.
6. Flip the biscuits (so the bottom is facing up) and spread the chocolate on top.
7. Leave to set.
8. These are gluten-free and healthy, but still are a treat, so limit yourself to one/day and not every day!

Afterschool
Snacks





PALEO BLUEBERRY MUFFINS

Ingredients:

200g fine almond flour
1/2 tsp baking soda
1/8 tsp fine sea salt
3 eggs
1 tbsp honey
2 tbsp coconut oil, melted
1 tbsp lemon juice
1 tsp vanilla extract
1 cup fresh blueberries

1. Preheat the oven to 160C and grease or line the muffin tin.
2. Combine the dry ingredients in large bowl.
3. Combine the wet ingredients in medium bowl. Stir the wet ingredients into dry ingredients, then fold in the blueberries.
4. Using a large scoop, fill the muffin cups 3/4 full
5. Bake for 20–25 minutes, until golden brown and the toothpick inserted comes out clean.
6. Cool on wire rack.