

## Breakfast

### Chewy Nut and Cereal Bars



#### INGREDIENTS

- 20 soft fresh dates (400g), pitted
- 1/3 cup (95g) smooth natural peanut butter
- 2 teaspoons vanilla extract
- 1 cup (30g) puffed brown rice
- 1/2 cup (70g) unsalted peanuts, roughly chopped
- 80g raw organic 70% dark chocolate

#### PREPARATION

1. Line a 10cm x 20cm loaf tin with non-stick baking paper.
2. Place the dates, peanut butter and vanilla in a food processor and process for 2–4 minutes or until the mixture comes together into a paste. Transfer to a large bowl, add the puffed rice and peanuts and mix to combine. Using the back of a spoon, press the mixture into the base of the tin (see note).
3. Place the chocolate in a heatproof bowl over a saucepan of simmering water (the bowl shouldn't touch the water) and stir until melted. Pour the chocolate over the slice and spread evenly. Refrigerate for 20–30 minutes or until set. Remove the slice from the tin and cut into bars using a hot knife. Refrigerate until ready to serve.

## **Do Ahead**

4. Keep bars refrigerated in an airtight container for up to 2 weeks.

### *Cooks' Note*

*If the mixture is sticky, grease the spoon in a little melted coconut oil to help you spread and smooth it.*

*Raw organic chocolate is available at health food stores and specialty grocers. If you can't find it, simply use 70% dark chocolate. To keep the chocolate raw while melting, use a sugar (candy) thermometer to ensure it stays under 42°C (107°F).*

# Asparagus and Goat Cheese Frittata



## INGREDIENTS

- 1 1/2 teaspoons olive oil
- 1 medium-size red onion, chopped
- 1 red bell pepper, coarsely chopped
- 1 medium zucchini, chopped
- 2 cups (packed) spinach leaves, torn into 1-inch pieces
- 3 large eggs
- 6 large egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3.
- 1 ounce shaved Asiago cheese
- 1 cup chopped tomatoes
- 1 tablespoon chopped fresh basil

## PREPARATION

1. Preheat broiler. Heat olive oil in 10-inch-diameter non-stick skillet over medium-high heat. Add onion and bell pepper; sauté until golden, about 8 minutes. Add zucchini; sauté until tender, about 5 minutes. Add spinach; stir until wilted, about 1 minute. Season with salt and pepper.
2. Whisk eggs, egg whites, salt and pepper in medium bowl to blend. Pour egg mixture over hot vegetables in skillet; stir gently to combine. Reduce heat to medium-low. Cook without stirring until eggs are set on bottom, about 5 minutes.
3. Sprinkle cheese over frittata. Broil until cheese melts, about 2 minutes. Sprinkle with tomatoes and basil.

*Per Serving: calories, 205; total fat, 10g; saturated fat, 3g; cholesterol, 245mg.*



# Ham and Sweet Potato Hash with Fried Eggs



## INGREDIENTS

- 2 small sweet potatoes, peeled and grated
- 3 free-range eggs
- 2 tsp coconut oil
- 1 tsp cider vinegar
- 1/2 ripe avocado, pit removed
- Sea salt and freshly ground black pepper

## PREPARATION

1. Break one egg into a mixing bowl and whisk. Add the sweet potato, one teaspoon of the coconut oil and a good pinch of salt and pepper and mix until completely combined.
2. Using your hands, take a handful of the sweet potato mixture and form six palm-sized balls. Place in a hot frying pan with the remaining coconut oil, flattening gently as they cook to make a patty. Cook until golden then transfer to two plates.

3. Meanwhile, bring a large, wide pan of water with the cider vinegar to the boil. Turn the heat right down so it is very gently simmering and break the remaining eggs into the water to poach.
4. Leave to cook for about 3 minutes before removing with a slotted spoon to drain. Place on top of the sweet potato fritters.
5. Finally, cut the avocado into small chunks and assemble over the eggs and fritters.

## Lunch

# Bean Thread Noodles with Pickled Vegetables



## INGREDIENTS

- 1 medium bunch curly kale, ribs and stems removed, leaves coarsely chopped (about 4 cups)
- 1 1/4 cups unsweetened coconut flakes
- 1/3 cup nutritional yeast
- 1/2 tsp. kosher salt, plus more
- 2 Tbsp. plus 1/2 cup extra-virgin olive oil
- 8 oz. dried soba noodles
- 3 Tbsp. tahini
- 2 Tbsp. plus 2 tsp. soy sauce
- 1 Tbsp. honey
- 2 tsp. toasted sesame oil, plus more for drizzling

- 1/2 tsp. crushed red pepper flakes, plus more for serving • 1 lime

### **PREPARATION**

1. Place racks in upper and lower thirds of oven and preheat to 375°F. Toss kale, coconut, nutritional yeast, 1/2 tsp. salt, and 2 Tbsp. olive oil in a large bowl to coat. Divide mixture evenly between 2 rimmed baking sheets and roast, tossing and rotating baking sheets halfway through, until kale is crisp and coconut is golden brown, 15–20 minutes.
2. While kale is roasting, cook noodles in a large pot of boiling water according to package directions. Drain and rinse under cold running water. Shake off any residual water and place noodles in a clean large bowl.
3. Combine tahini, soy sauce, honey, 2 tsp. sesame oil, 1/2 tsp. red pepper flakes, and remaining 1/2 cup olive oil in a small bowl. Finely grate zest from lime directly into bowl; halve lime and squeeze in juice (about 2 Tbsp.). Whisk dressing until smooth, then pour about half of it over noodles; toss to coat.
4. Add half of kale mixture to noodles and toss to incorporate. Drizzle in more dressing as needed, tossing until noodles are creamy; season with salt. Pile remaining kale on top. Drizzle with additional sesame oil and sprinkle with more red pepper flakes.



# Salmon Paillards with Lettuce and Pea Salad



## INGREDIENTS

1.
  - 1 lemon, thinly sliced, seeds removed
  - 1/2 cup extra-virgin olive oil, plus more for drizzling
  - 1 (1 1/2-lb.) salmon fillet, preferably skin-on
  - 1/2 tsp. kosher salt, plus more
  - Freshly ground black pepper
  - 1 (15-oz.) can chickpeas, rinsed, patted dry
  - 1 garlic clove, finely chopped
  - 2 tsp. za'atar
  - 1 tsp. fresh lemon juice
  - 4 cups baby arugula or baby spinach
  - 4 radishes, trimmed, thinly sliced
  - Flaky sea salt

## PREPARATION

- 1.
1. Place a rack in lower third of oven; preheat to 300°F. Toss lemon slices in a large bowl with a drizzle of oil. Arrange slices in an even layer on a rimmed baking sheet. Set

salmon on lemons. Season salmon all over with kosher salt and pepper, then drizzle and rub with some oil. Roast until salmon is just barely opaque in the middle, 12–17 minutes, depending on thickness. If you like your salmon well-done, cook it a few minutes longer, but keep in mind that you risk the chance it will dry out. Let salmon cool, then flake into medium-size pieces with a fork.

2. Meanwhile, bring chickpeas, garlic, za'atar, and remaining 1/2 cup oil to a bare simmer in a small skillet over medium-low heat. Cook, stirring occasionally and reducing heat if needed, 10 minutes. Stir in 1/2 tsp. kosher salt (less if your za'atar is salty) and remove skillet from heat.
3. Using a slotted spoon, transfer chickpeas to a medium bowl, leaving oil behind. Whisk lemon juice into oil; taste dressing and season with more kosher salt and a few grinds of pepper if needed.
4. Toss arugula in a large bowl with 1 tsp. dressing. Divide among bowls along with radishes, chickpeas, and salmon (and lemons if desired); drizzle with more dressing. Sprinkle with sea salt and more pepper.

# Seafood Spaghetti



## INGREDIENTS

- 1 pint cherry tomatoes (preferably Sun Gold), halved
- 6 ounces olive oil-packed Italian or Spanish tuna, drained
- 1/2 cup black olives, pitted, torn (about 2 ounces)
- 1/2 cup chopped fresh parsley
- 1 teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil, plus more to taste
- 1 teaspoon kosher salt, plus more to taste
- 1 pound thin spaghetti
- 1 tablespoon fresh lemon juice

## PREPARATION

1. Combine tomatoes, tuna, olives, parsley, pepper, 3 Tbsp. oil, and 1 tsp. salt in a large bowl.
2. Cook spaghetti in a large pot of boiling salted water, stirring occasionally, until al dente. Drain and add to tomato mixture. Stir vigorously and add more oil as needed to fully coat. Season with salt.
3. Transfer pasta to a serving bowl or platter. Drizzle with lemon juice and serve.

## Dinner

# Roast Chicken and Mango Salad with Yogurt



### INGREDIENTS

- 1 fennel bulb, sliced
- 1 large red onion, cut through root end into 8 wedges
- 1 lb. baby Yukon Gold potatoes, halved if large
- 3 Tbsp. extra-virgin olive oil
- Kosher salt
- 4 Tbsp. unsalted butter
- 2 garlic cloves, crushed
- 1 (1/2") piece ginger, peeled, finely chopped
- 1 tsp. curry powder
- 1 1/4 lb. piece cod, hake, haddock, or pollock
- Mint (for serving)

## PREPARATION

1. Preheat oven to 425°F. Toss fennel, onion, potatoes, and oil in a 3-qt. baking dish to coat; season with salt. Roast, tossing once, until vegetables are browned and softened, 35–40 minutes.
2. Meanwhile, melt butter in a small saucepan over medium heat. Mix in garlic, ginger, curry powder, and a pinch of salt. Simmer until color intensifies, about 1 minute. Remove from heat.
3. Season fish with salt and lay on top of cooked vegetables. Drizzle fish with curry butter. Reduce oven temperature to 350°F and bake fish until flesh easily flakes apart with a fork, 12–15 minutes.
4. Serve vegetables and fish with mint scattered over.



# Southeast Asian Rice Noodles with Calamari and Herbs



## INGREDIENTS

- 1 tablespoon finely grated peeled ginger
- 3 tablespoons miso paste
- 3 tablespoons mirin, plus more to taste
- 3 tablespoons unseasoned rice vinegar, plus more to taste
- 1 tablespoon soy sauce, plus more to taste
- 1/4 teaspoon kosher salt, plus more to taste
- 1 pound soba noodles
- 5 red radishes, thinly sliced
- 5 scallions, trimmed, thinly sliced
- 4 ounces smoked tofu, cubed

## PREPARATION

1. Whisk ginger, miso paste, 3 Tbsp. mirin, 3 Tbsp. vinegar, 1 Tbsp. soy sauce, and 1/4 tsp. salt in a large bowl.
2. Cook soba noodles according to package directions. Drain noodles, rinse with cold water, then add to ginger mixture. Season with more mirin, vinegar, soy sauce, and salt, if needed.

3. Transfer noodles to a serving bowl or platter and top with radishes, scallions, and tofu. Serve immediately.

# Grilled Chicken Summer Salad



## INGREDIENTS

### 1. **Quinoa and chicken:**

- 1/2 cup quinoa
- 2 large skinless, boneless chicken breasts (about 18 oz.)
- 2 Tbsp. extra-virgin olive oil • Freshly ground black pepper

### 2. **Dressing and assembly:**

- 1 cup vegan or regular mayonnaise
- 2 Tbsp. fresh lime juice
- 2 tsp. culinary-grade matcha
- 1 1/2 tsp. Dijon mustard
- 1/2 tsp. agave nectar
- 2 garlic cloves
- 1 1/2 tsp. kosher salt, plus more
- 1/2 cup basil leaves
- 1/4 cup parsley leaves with tender stems
- 12 cups baby greens (such as kale, spinach, and/or arugula)
- 2 cups cherry tomatoes, halved
- 4 Persian cucumbers, cut into 1" pieces (about 2 cups)
- 2 avocado, cut into 3/4" pieces
- 1 1/3 cups crumbled feta

## PREPARATION

### Quinoa and chicken:

1. Bring a small pot of water to a boil. Add quinoa, return to a boil, and cook until tender, 15–20 minutes. Drain, return quinoa to warm pot, and fluff with a fork to release some of the steam. Season with salt; cover to keep warm until ready to serve.
2. Meanwhile, prepare a grill for medium-high heat. (Or heat a cast-iron grill pan or medium skillet over medium-high.) Rub chicken on all sides with oil and season with salt and pepper. Grill (or sear) chicken, turning halfway through, until just cooked through, 12–15 minutes. Transfer chicken to a cutting board and let rest 5 minutes, then cut into 1/2" pieces.

**Dressing and assembly:**

3. Purée mayonnaise, lime juice, matcha, mustard, agave, garlic, and 1 1/2 tsp. salt in a food processor until smooth. Add basil and parsley and pulse until incorporated.
4. Toss quinoa, chicken, greens, tomatoes, and cucumbers in a large bowl to combine. Add 1/2 cup dressing and toss to coat; season with salt.
5. Divide salad among bowls and top with avocado and feta. Serve remaining dressing alongside.