

2024

MARCH



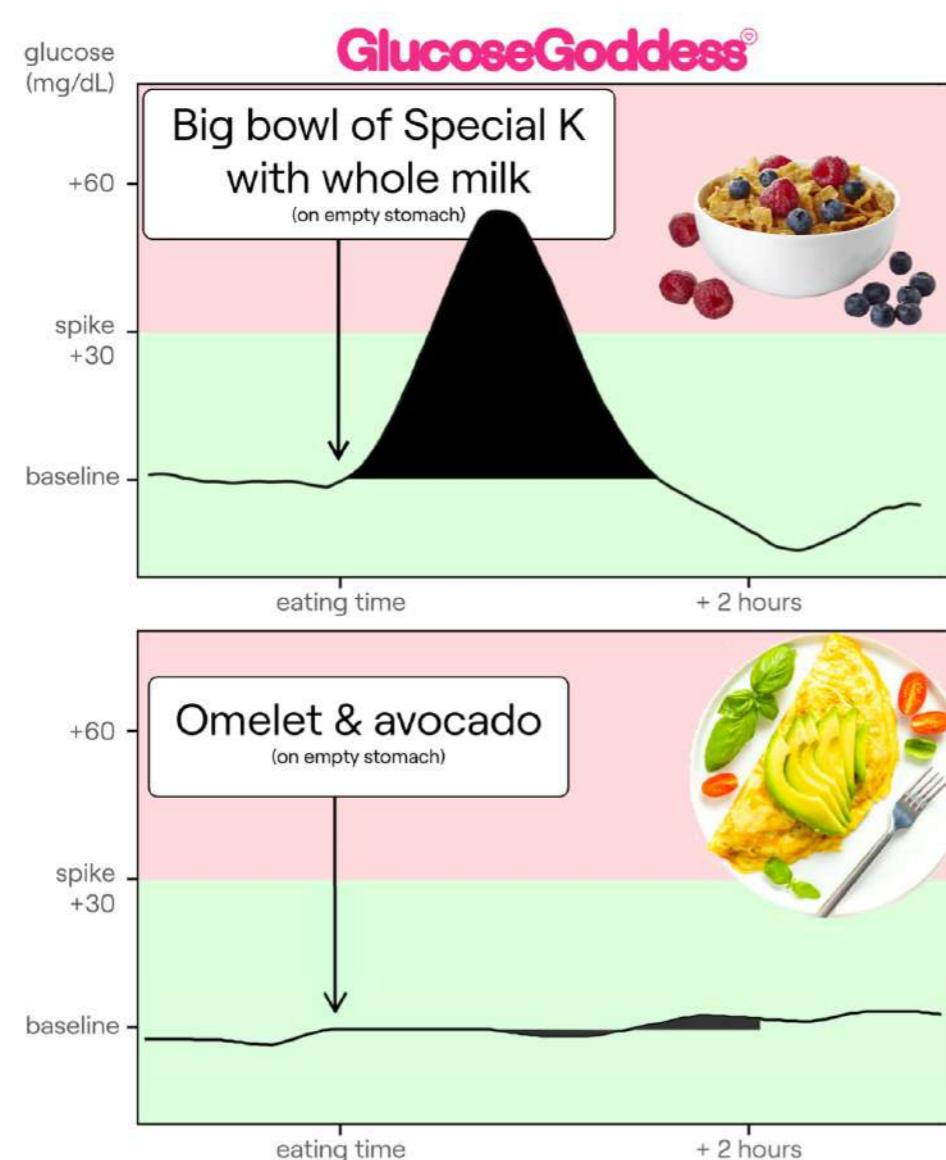
How the Recipe Club works

Hi! And welcome. Here's the deal: glucose spikes can mess up your life. Most of us experience them, and they lead to cravings, brain fog, irritability, skin issues, hormonal imbalances, type 2 diabetes, and much more.

My Recipe Club is going to help you avoid them with key principles:

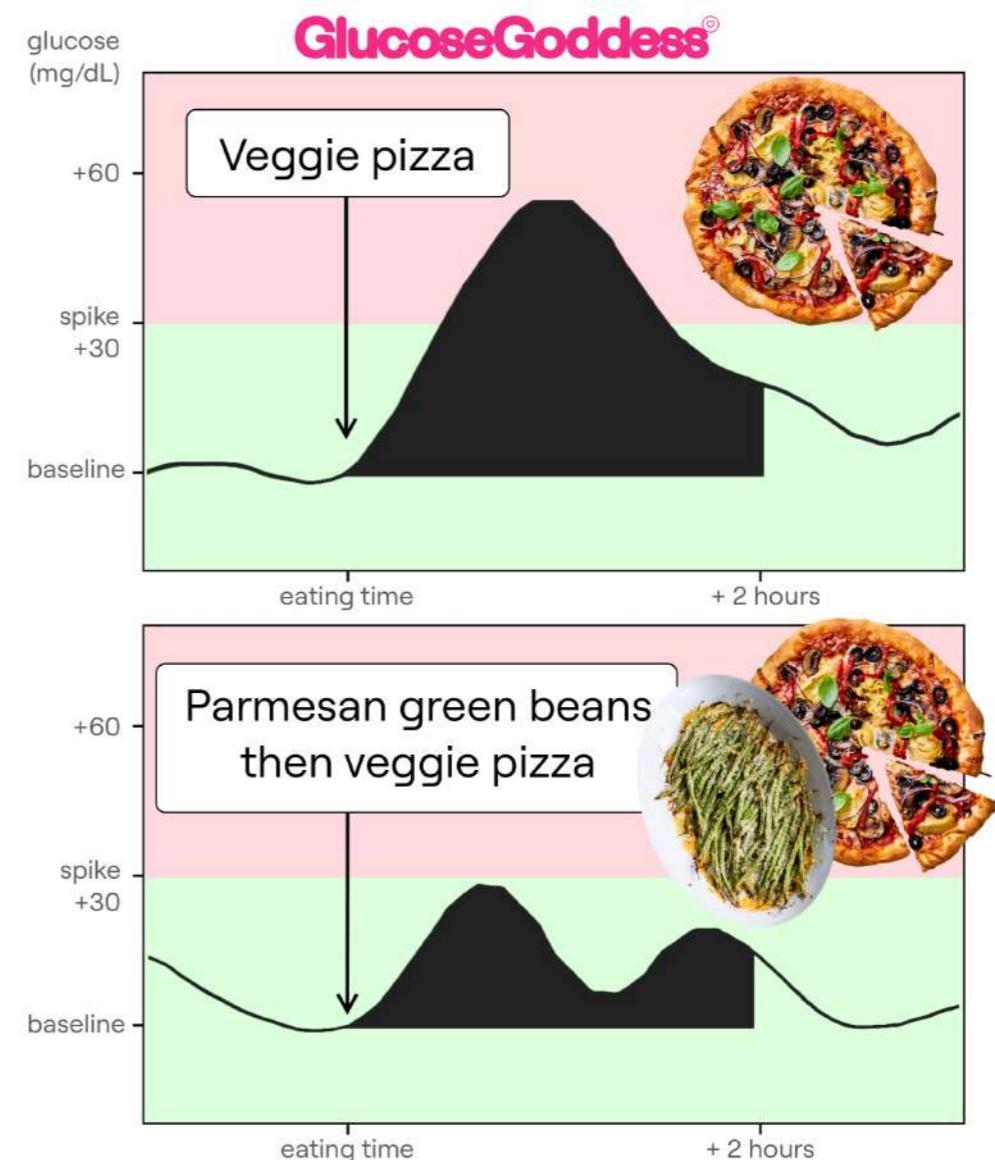
Savoury breakfasts

They're centered around protein and they avoid starting the day with a rollercoaster. They are the most important hack.



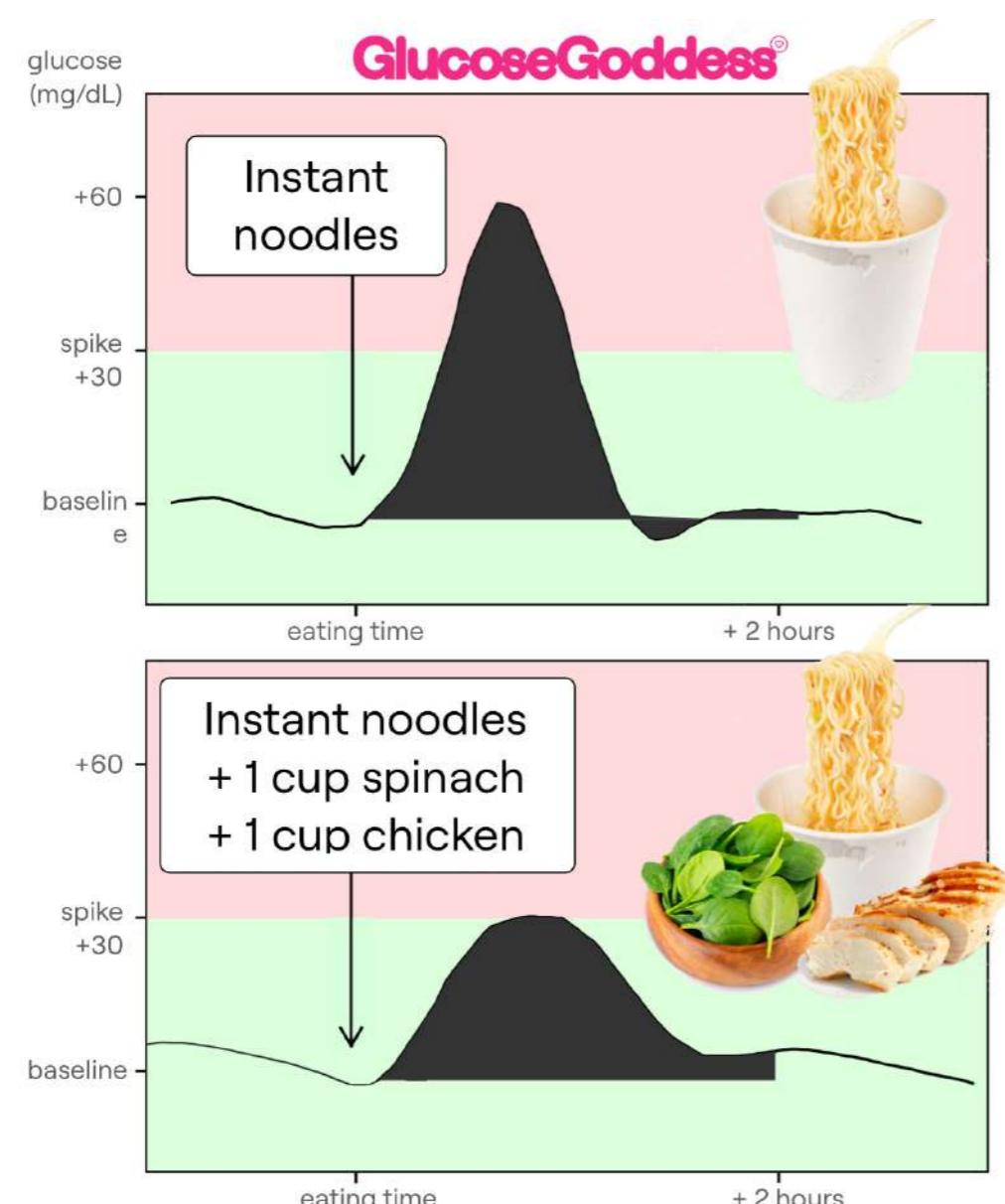
Veggie starters

To eat before a main dish. The fiber in them will keep your glucose levels steady for the rest of the meal.



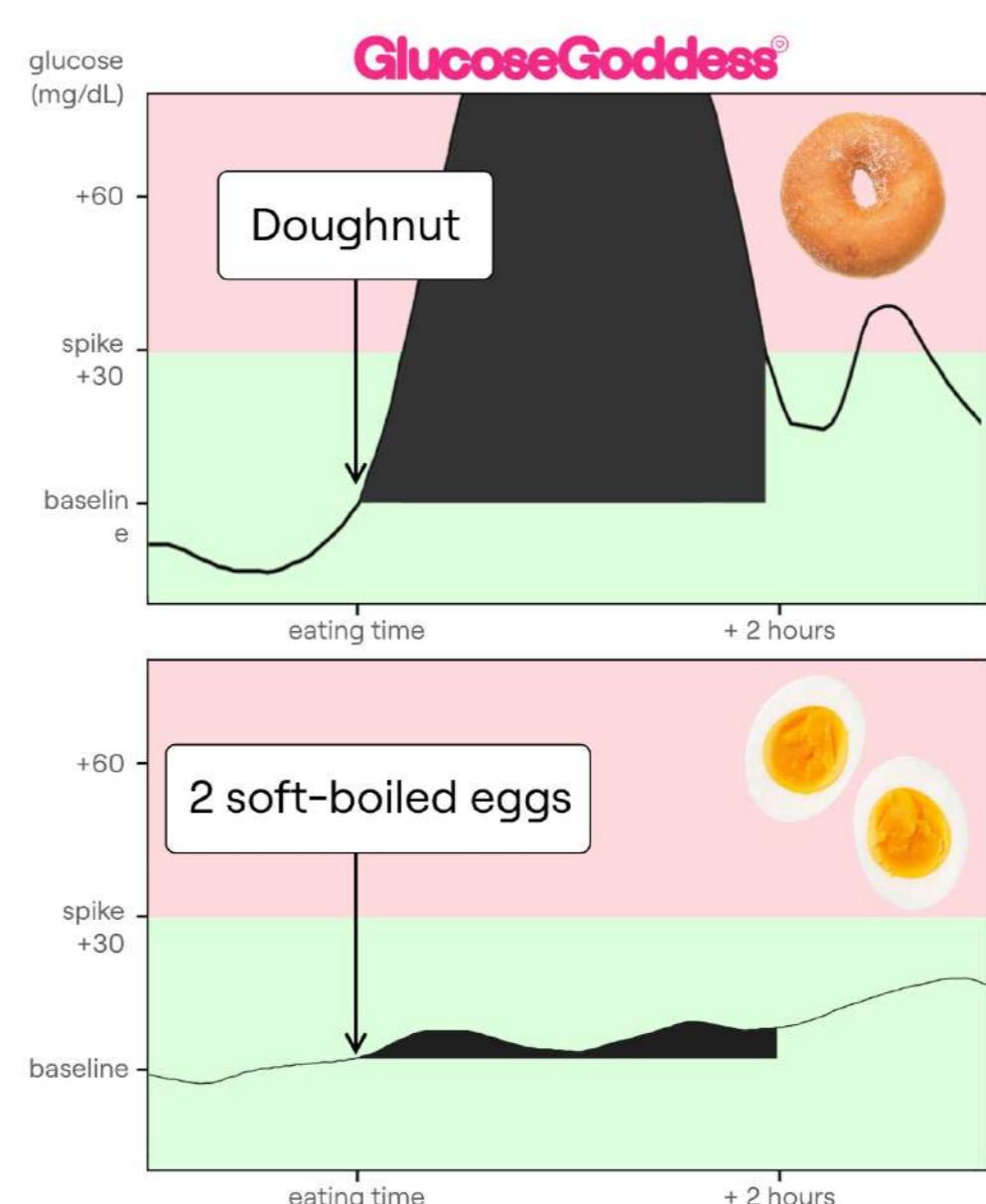
Main dishes

They all contain a balanced mix of protein, fat, and fiber. To eat after a veggie starter when you can.



Savoury snack

Keep your sugary snacks for dessert after a main meal. These snacks will avoid starting a cravings cycle.



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SAVOURY BREAKFASTS

Smashed chickpeas

Turmeric breakfast broth

Big big mushrooms

VEGGIE STARTERS

Braised cabbage

Whipped feta

Not very greek cucumber salad

ANYTIME MAIN DISHES

Baked cod

Stuffed roasted peppers

Chicken mushroom broth

ANYTIME SNACK

Carrot, pea & quinoa falafel

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SAVOURY BREAKFASTS

Your savoury breakfast should keep you satiated for 4 hours. If that's not the case, increase the amount of protein in the recipe.



SMASHED CHICKPEAS *with spinach & lemon on rye toast*

What you need:



100g (3.5oz) silken tofu



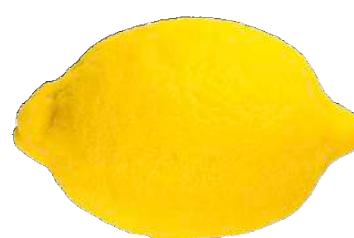
1 (400g/14oz) tin
chickpeas, rinsed and
drained



100g (3½ cups) spinach



2 tablespoons tahini



Zest and juice of 1 lemon



2 slices rye bread, toasted

+ 3 tablespoons olive oil,
salt and pepper

What looks like an avocado toast, but is NOT an avocado toast? My new smashed creation. I am completely obsessed - and I think you will be too. Test immediately.

How to make it:

- Place the **tofu** in a food processor and blitz until smooth. Add the **chickpeas, spinach, tahini, lemon zest** and juice, **olive oil** and season with **salt** and **pepper**. Pulse a few times until the mixture is coarsely chopped but still nice and chunky.
- Serve a few generous spoonfuls on **toasted rye**. The remaining mixture will keep, covered, in the fridge for up to 3 days.

Makes: 1 portion
Prep time: 10 mins

This recipe is **VEGAN, VEGETARIAN** and **DAIRY-FREE**

HOW TO MAKE IT GLUTEN-FREE:
Use a gluten-free bread.



GG®

TURMERIC BREAKFAST BROTH *with ginger, edamame & black bean*

What you need:



1 medium leek, finely sliced



30g (1/4 cup) ginger, peeled
and coarsely grated



1 teaspoon turmeric



100g edamame beans



1 (400g/14oz) tin of black
beans, drained and rinsed



3 tablespoons soy sauce

+ 3 tablespoons olive oil,
salt and pepper

In this savoury breakfast, the protein comes from the beans. Beans are the strongest source of protein in the plant kingdom!

How to make it:

- Place a medium saucepan with the **olive oil** over a medium heat and sauté the **leeks** and **ginger** for 3 minutes, stirring all the time to prevent them from catching and burning.
- Add the **turmeric** and cook for 30 seconds more. Pour in 700ml **water**, add the **edamame** and **black beans** and bring to a gentle simmer. Cook for 5 minutes.
- Add the **soy sauce** to the broth and taste for seasoning. Add a little more if you feel it needs it and then season generously with **black pepper**. Some chilli oil would make a great addition if you have any in your store cupboard.

Makes: 1 portion
Prep time: 5 mins / Total cook time: 8 mins

This recipe is **VEGAN**, **VEGETARIAN** and **DAIRY-FREE**

HOW TO MAKE IT GLUTEN-FREE:
Use tamari instead of soy sauce.



BIG BIG MUSHROOMS

stuffed with bacony beans

What you need:



2 portobello mushrooms



2 pieces streaky bacon or
20g pancetta, finely diced



200g (1 1/3 cups) cherry
tomatoes



1 (400g / 14oz) tin of white
beans such as haricot beans,
drained and rinsed



80g (1/2 cup) red split lentils



1 tablespoon marmite

+ 2 tablespoons olive oil,
salt and pepper

As you may have noticed already, this month I have been very inspired by beans. And a great thing about beans, is they get even more delicious as leftovers... Make in advance, keep in the fridge, feel amazing.

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/gas 6 and lay the **mushrooms** on a baking tray lined with baking parchment. Drizzle with 1 tablespoon of **olive oil**, season with **salt** and **pepper** and roast in the oven for 20 minutes.
- Pour the remaining **olive oil** into a medium saucepan and fry the **bacon** for 2-3 minutes until starting to brown. Add the **tomatoes** and sauté for a further 2-3 minutes, until they are beginning to release their juice and soften. Add the **lentils**, **marmite** and 500ml of **water**. Simmer with the lid on for 15 minutes. Add the **beans** and cook for 10 minutes more. Season with salt and pepper.
- Serve the mushrooms with a generous spoon of the beans in each one. The remaining beans will keep in the fridge for up to 4 days and make for a great lunch or mid day snack.

Makes: 1 portion

Prep time: 10 mins / Total cook time: 30 mins

This recipe is **DAIRY-FREE** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN:
Omit the bacon.

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VEGGIE STARTERS

Add one of these veggie starters to the beginning of lunch or dinner. The fiber in the veggies will reduce the glucose spike of the rest of the meal.



BRAISED CABBAGE

with sundried tomato basil dressing

What you need:



½ savoy cabbage



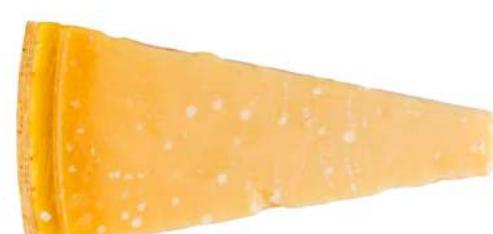
1 teaspoon fennel seeds



50g (1 cup) sun-dried tomatoes, roughly chopped



3 sprigs of basil, leaves picked and roughly chopped



10g parmesan cheese, finely grated (2 tablespoons)



20g (2 heaped tablespoons) pine nuts

+ 2 tablespoons olive oil,
salt and pepper

My brasilian grandmother taught me how to first braise cabbage, and it's been a staple of mine ever since. I put together this new pesto-like dressing with parmesan, because parmesan is always a good idea.

How to make it:

- Remove the tough outer leaves from the **cabbage** and slice into 6-8 thin wedges through the core so that the wedges remain intact.
- Lay the slices of cabbage in a large casserole dish, sprinkle the **fennel seeds** all over season with **salt** and **pepper**. Pour 250ml of **water** into the pan and cover the cabbage with a piece of baking parchment. Place a tight-fitting lid onto the casserole dish and braise on a low heat for 25-30 minutes, or until the cabbage is tender. Check after 20 minutes and add a little more water if necessary.
- Mix the **sun-dried tomatoes**, **basil**, **parmesan cheese** with the **olive oil** and season with **salt** and **pepper**.
- When the cabbage is ready, remove from the pan and lay on a plate and drizzle the dressing all over and top with **pine nuts**.

Makes: 2 portions
Prep time: 8 mins / Total cook time: 30 mins

This recipe is **VEGETARIAN** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use 1 tablespoon of nutritional yeast instead of parmesan or use a vegan parmesan cheese substitute.



GG

WHIPPED FETA, *no bread.*

What you need:



40g (1/4 cup) feta cheese



60g (4 tablespoons) full fat greek yoghurt



½ preserved lemon plus 1 teaspoon pickling liquid from the jar



1 small beetroot, peeled and grated



2 tablespoons pistachio nuts, roughly chopped



2 sprigs of mint, leaves picked and finely chopped

+ 1 tablespoon olive oil, salt and pepper

Spoon. Feta. Mouth. Need I say more?

Whipped feta is traditionally served with a bunch of bread to soak it up, but this is a twist on that classic - a veggie starter (and no bread, because bread as a starter equals a glucose spike!).

How to make it:

- Place the **feta cheese, yoghurt, preserved lemon and pickling juice, olive oil** and a small pinch of **salt and pepper** in a blender and blitz until smooth. Spread out onto a plate.
- Top with the grated **beetroot, pistachios** and **mint** and serve.

Makes: 1 portion

Prep time: 10 mins

This recipe is **VEGETARIAN** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use vegan feta cheese and soy yoghurt.



Not very greek CUCUMBER SALAD

Counts as your vinegar hack too.

What you need:



1 teaspoon sesame oil



1 tablespoon apple cider
vinegar



1 small red chilli, seeds
removed and finely diced



½ medium cucumber,
peeled into ribbons using a
potato peeler



20g (2 heaped
tablespoons) roasted salted
peanuts, roughly chopped



20g (¼ cup) fresh coconut,
finely diced or coarsely
grated

+ 1 tablespoon olive oil,
salt and pepper

There is a greek restaurant I went to once, that made tzatziki with very largely ribbonned cucumbers. I've wanted to make a totally un-greek veggie starter based on it. Here we are!

How to make it:

- Mix the **sesame oil**, **apple cider vinegar**, **olive oil** and chopped **chilli** together and season with **salt** and **pepper**.
- Place the **cucumber ribbons** in a bowl and pour the dressing all over. Toss to thoroughly coat and allow to stand for 2-3 minutes, to allow the cucumber to absorb the flavour of the dressing. Taste for seasoning and add a pinch of salt and pepper if necessary.
- Transfer to a plate and top with the **salted nuts** and **coconut**.

Makes: 1 portion
Prep time: 10 mins

This recipe is **VEGAN**, **VEGETARIAN**,
DAIRY-FREE and **GLUTEN-FREE**

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ANYTIME MAIN DISHES

After a veggie starter or on their own, get ready to meet these seriously tasty main dishes.



BAKED COD with tomatoes, lentils, dill & walnut crumb

What you need:



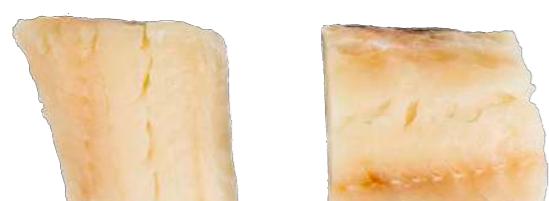
250g (2 cups) chestnut mushrooms, sliced



250g (1¾ cups) cherry tomatoes, halved



150g (¾ cups) puy lentils



2 boneless, skinless fillets of cod



20g (1 loosely packed cup) fresh dill



25g walnuts (~8 walnuts)

+ 2 tablespoons olive oil,
salt and pepper

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 6. In a medium casserole dish, sauté the **mushrooms** in 1 tablespoon of **olive oil** over a medium heat for 5 minutes, until beginning to soften and brown.
- Add the **tomatoes**, **puy lentils** and 450ml **water**. Season well with **salt** and **pepper**, place a tight fitting lid on top and transfer to the oven for 25 minutes.
- Carefully remove the dish from the oven and lay the fish on top of the lentils. Return to the oven, uncovered for 10 minutes longer.
- Meanwhile, finely chop the **dill** and **walnuts** together, season and mix with the remaining **olive oil** and season with **salt** and **pepper**.
- When the dish is ready, serve topped with the dill and walnut crumb.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 40 mins

This recipe is **DAIRY-FREE** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Replace the fish with a large bulb of fennel cut into 6 wedges through the core so that it remains intact. Add it to the dish in step two, laying it on top of the lentils, tomatoes, mushrooms. Drizzle with 1 tablespoon of olive oil before placing in the oven. Cook the dish for the remaining time and top with the dill and walnut crumb as above.



STUFFED ROASTED PEPPERS

with feta, peas & za'atar

What you need:



4 small peppers



100g (½ cup) cooked quinoa



130g (1 cup) fresh peas



7 sprigs of mint, leaves picked and finely chopped



70g (½ cup) feta cheese



1 tablespoon za'atar

+ 2 tablespoons olive oil,
salt and pepper

Za'atar is a magical ingredient, I highly recommend keeping some in your pantry. And I hope these stuffed peppers will make you feel nice and cosy.

How to make it:

- Preheat the oven to 200°C/180°C fan/gas 6. Slice the top off each **pepper** and carefully remove the seeds from within. If the peppers don't stand upright, slice a little bit off the base to help them do so. Place them in a small roasting dish.
- In a bowl, mix the cooked **quinoa**, **peas**, chopped **mint**, **feta cheese**, **za'atar** and 1 tablespoon of **olive oil**. Season with **salt** and **pepper** and mix to combine. Spoon into the peppers, and then place the tops back on top of each one. Drizzle the remaining olive oil all over and roast in the oven for 30 minutes.

Makes: 2 portions

Prep time: 10 mins / **Total cook time:** 30 mins

This recipe is **VEGETARIAN** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR DAIRY-FREE:
Use a vegan feta cheese.



CHICKEN MUSHROOM BROTH

with spinach & udon noodles

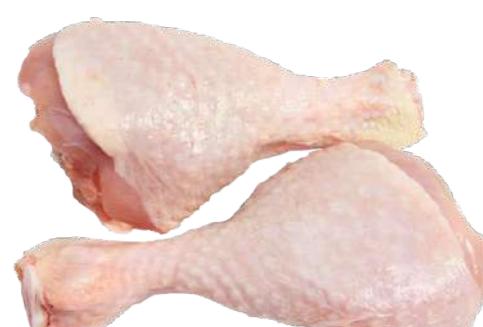
What you need:



500g (4 cups) mushrooms, sliced



1 head of garlic, cloves peeled



2 chicken thighs



3 tablespoons soy sauce



60g (2 oz) udon noodles



150g (2/3 cup) fresh spinach

+ 2 tablespoons olive oil,
salt and pepper

How to make it:

- Place 1 tablespoon of **olive oil**, the **mushrooms** and **garlic** in a large saucepan and sauté for 5 minutes, with the lid on. This will allow the mushrooms to start to release their delicious juices.
- Add the **chicken thighs**, **soy sauce** and 750ml **water**. Bring to the boil and then reduce to a simmer. Cover with a lid and cook for 30 minutes.
- When ready, remove the chicken thighs and set aside to cool. Strain the stock and return to the pan (it helps keep the stock clear if you pour it back into a clean saucepan). You can keep the mushrooms for use in another dish, such as a savoury breakfast.
- Strip the meat from the chicken thighs and discard the bones and skin.
- Bring the stock back to a simmer and cook the **udon noodles** according to packet instructions. When cooked, add the **spinach** and chicken to the stock, heat through to allow the spinach to wilt and serve immediately.

Makes: 2 portions

Prep time: 5 mins / Total cook time: 35 mins

This recipe is **DAIRY-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN

Use 150g of smoked tofu (diced) instead of chicken thighs as this will help to infuse flavour. Add to the broth at the same time as cooking the noodles, as it only needs to heat through.

HOW TO MAKE IT GLUTEN-FREE

Use a gluten-free noodle such as buckwheat noodles instead of udon noodles, and use tamari instead of soy sauce.

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ANYTIME SNACK

The secret to snacking without starting a cravings rollercoaster? Snack on savoury foods – and keep the sweets for dessert after a meal.

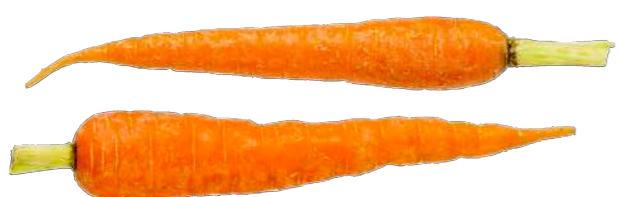


CARROT, PEA & QUINOA FALAFEL

What you need:



100g (¾ cup) frozen peas, defrosted



100g (1 cup) carrots, peeled and coarsely grated



100g (½ cup) cooked quinoa



20g (¾ cup) fresh mint leaves



1½ tablespoon nutritional yeast (or 1 tablespoon finely grated parmesan cheese)



1 tablespoon flour such as spelt or buckwheat

+ 1½ tablespoons olive oil, salt and pepper

A new twist on falafel! Here I've served it with a yoghurt and harissa dip (2 tablespoons full fat Greek yoghurt for 1 teaspoon harissa paste), but you can use any dip you like.

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 6 and line a baking tray with baking parchment. Place the **peas** and **grated carrots** between two pieces of absorbent kitchen paper and squeeze together tightly to remove any excess moisture.
- Transfer to a food processor along with the **quinoa**, **mint**, **nutritional yeast**, **flour** and a pinch of **salt** and **pepper**. Blitz until finely chopped and starting to clump together.
- Scoop up a spoonful of the mixture, slightly bigger than the size of a golf ball, and shape into a small falafel and place on the baking tray. Don't worry if the mixture feels a little loose, once you squeeze it tightly into a ball it will hold its shape. Repeat until you have 10 falafels.
- Brush the top of each one with the remaining olive oil and bake in the oven for 25–30 minutes, or until golden brown and firm. Allow to cool before eating. The falafels will keep for up to 3 days in the fridge.

Makes: 10 falafels
Prep time: 10 mins / **Total cook time:** 30 mins

This recipe is **VEGAN**, **VEGETARIAN** and **DAIRY-FREE**

HOW TO MAKE IT GLUTEN-FREE:
 Use a gluten-free flour.

SEE YOU
IN APRIL!

