

2024

FEBRUARY



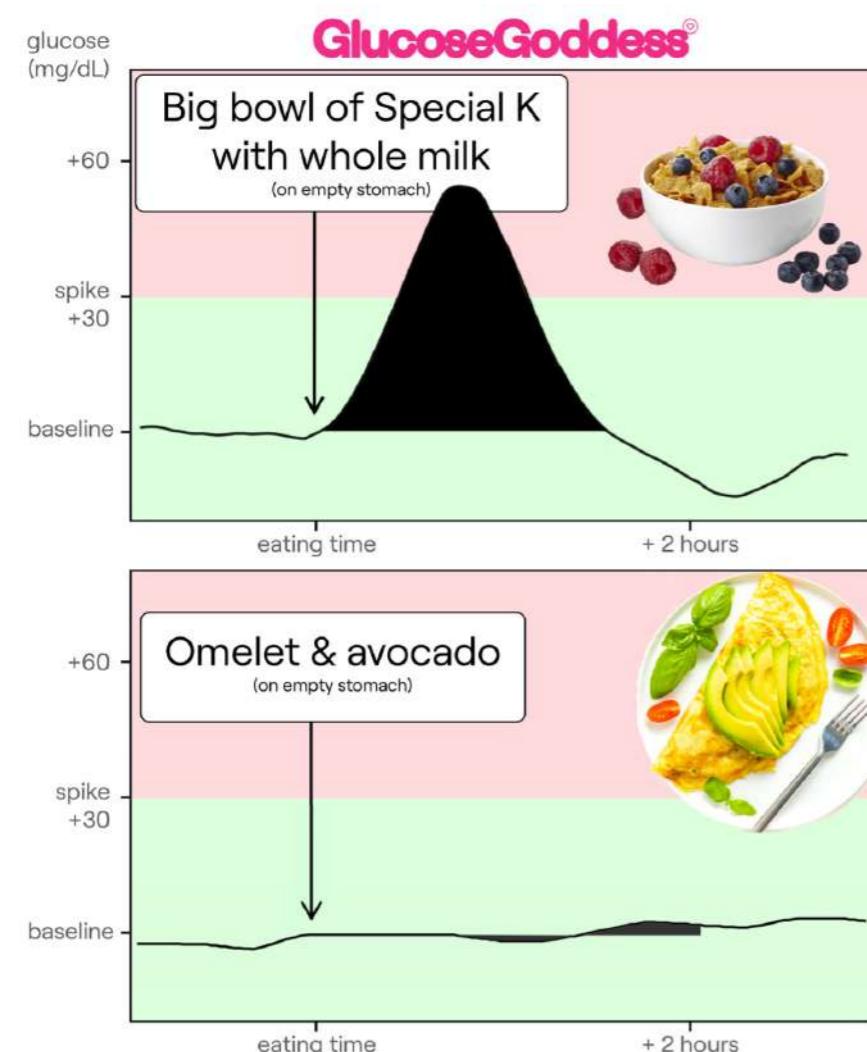
How the Recipe Club works

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:

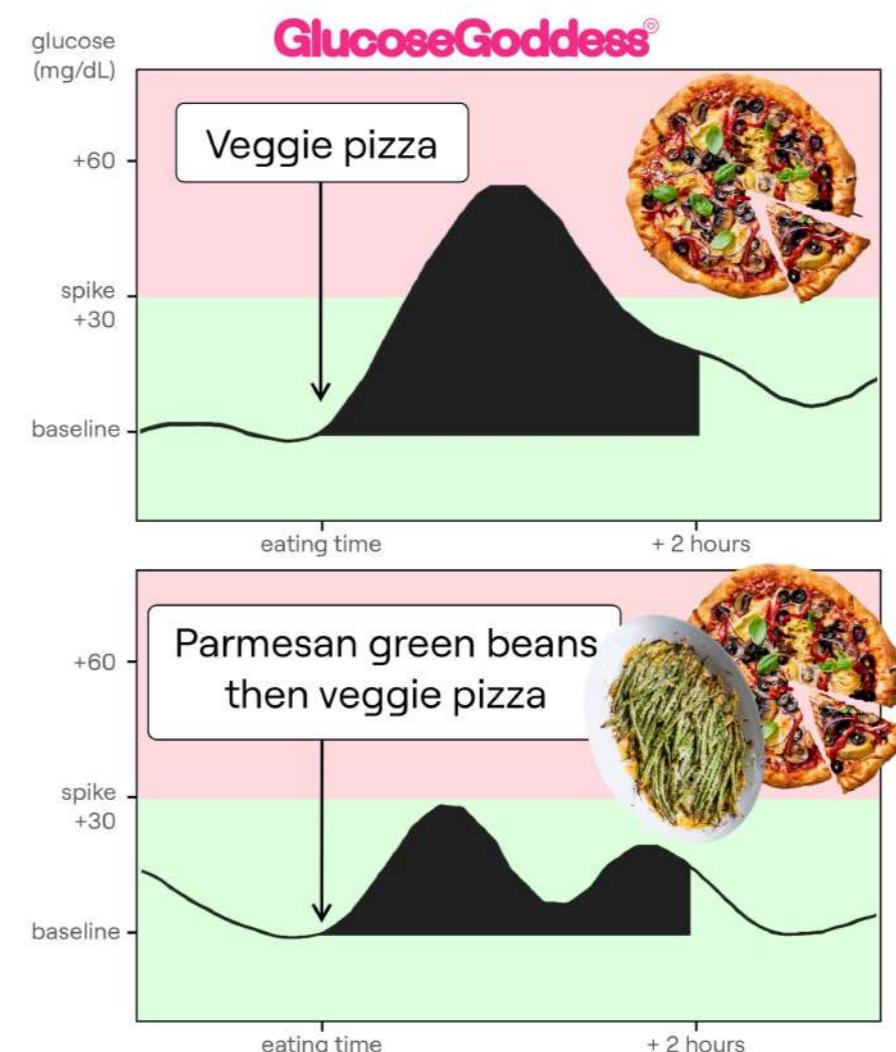
Savoury breakfasts

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



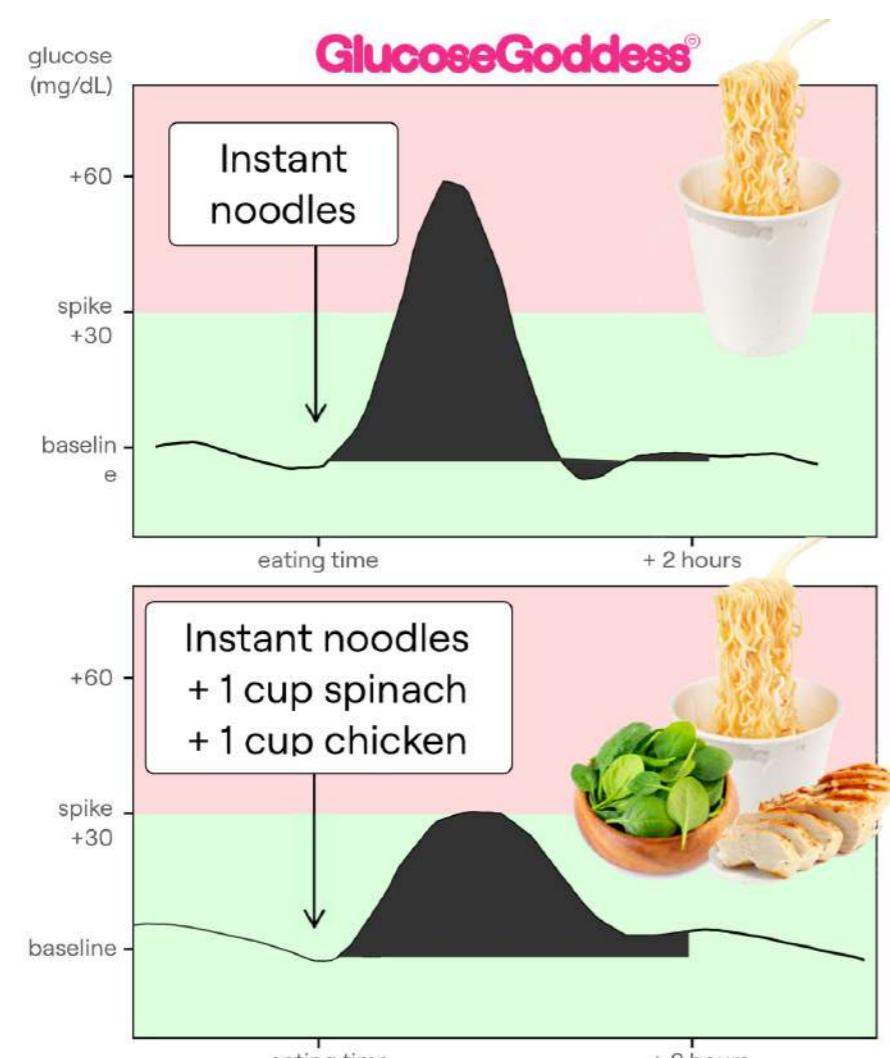
Veggie starters

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



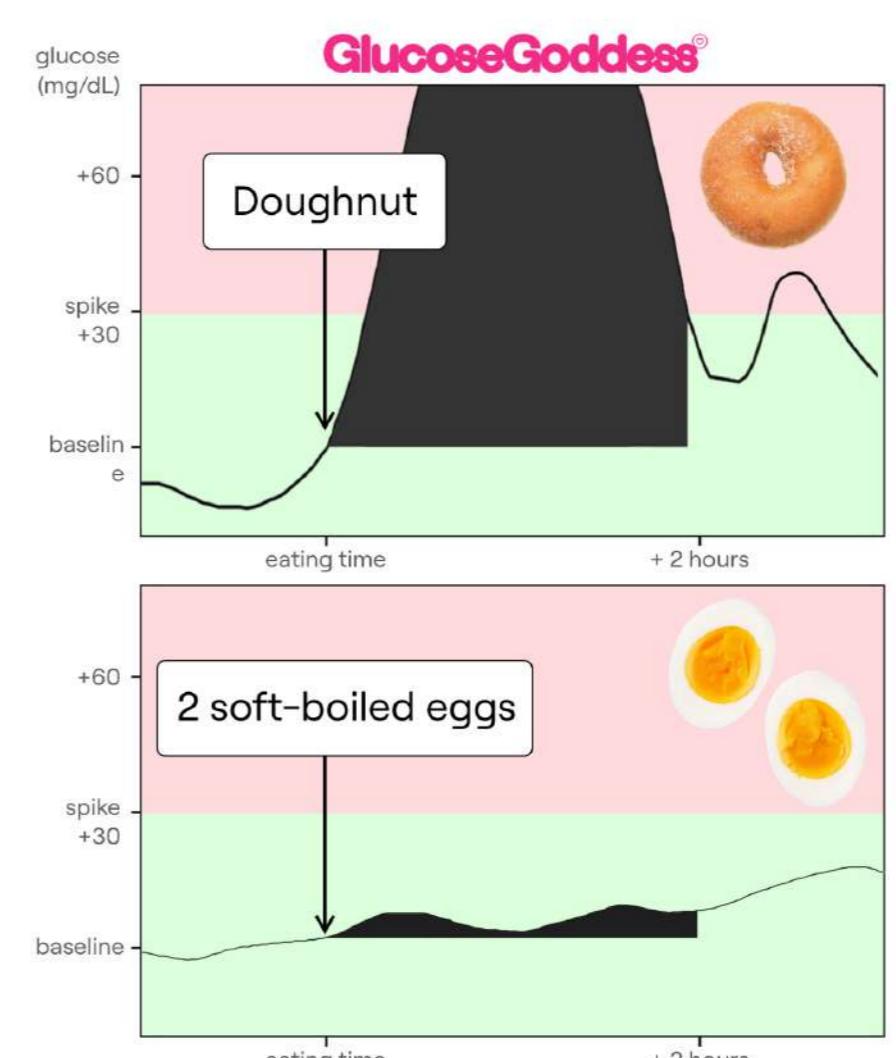
Main dishes

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

Goddess green smoothie

Cucumber & cheese on rye

Roasted tofu & tomatoes

VEGGIE STARTERS

Chicory, avocado & apple salad

Pesto spinach

Crispy kale

ANYTIME MAIN DISHES

Stir fried cauli kimchi rice

Spiced stuffed aubergine

Thai red coconut curry

ANYTIME SNACK

The best baba ganoush

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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.

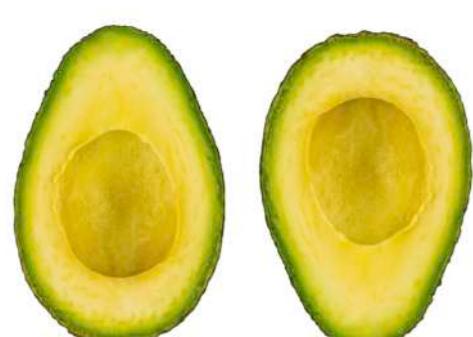


Goddess GREEN SMOOTHIE

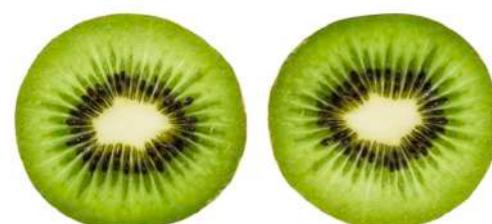
What you need:



100g (3 cups) fresh spinach



1 small avocado, peeled
and stone removed



2 whole kiwis, peeled



100g ($\frac{1}{3}$ cup) full fat greek
yoghurt or coconut yoghurt



2 tablespoons protein
powder



Zest and juice of 1 lime

Annnnd I'm so thrilled to continue 2024 with your highly requested smoothie recipes! Here is my second creation. It's so refreshing, fun, delicious, and packed with protein. I hope you'll love it as much as I do.

How to make it:

- Place **all the ingredients** in a blender and blitz until completely smooth. Add some ice to make it even more refreshing!

Makes: 1 portion

Prep time: 5 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use coconut or soy yoghurt instead of full fat greek yoghurt.



CUCUMBER & CHEESE ON RYE

with hard-boiled eggs, nuts, olives

What you need:



2 eggs



1 slice rye bread, toasted



6 round slices of cucumber

2 slices of cheddar cheese
(55g, ½ cup)

7 whole walnuts



6 pitted olives, halved

+ 1 teaspoon olive oil, salt and pepper

This recipe is inspired by my recent trip to Germany. Rye bread (you can swap it for any other bread), and a beautiful mix of sliced ingredients. Tasty and so satiating.

How to make it:

- Place a small saucepan full of water on a high heat and bring to the boil. Carefully lower in the **eggs** and cook for 7 minutes. When ready, run under cold water until cold. Peel and slice into wedges.
- Place the **rye bread** on a plate and drizzle with ½ the **olive oil**. Top with the **cucumber**, **cheddar cheese** and **eggs**. Drizzle with the remaining olive oil and season with a pinch of **salt** and **pepper**. Serve with the **walnuts** and **olives** on the side.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 7 mins

This recipe is **VEGETARIAN**

HOW TO MAKE IT VEGAN:

Omit the eggs, and roughly mash 100g tinned chickpeas with 2 tablespoons of olive oil. Add a spoonful of harissa or vegan pesto if you have any for flavour and season with salt and pepper. Spread on the rye bread and top with the cucumber and vegan cheddar cheese.

HOW TO MAKE IT DAIRY-FREE:

Use a vegan cheddar cheese.

HOW TO MAKE IT GLUTEN-FREE:

Use a gluten-free bread.



GG

ROASTED TOFU & TOMATOES

with garam masala spinach

What you need:



160g (5½ cups) spinach



1 teaspoon garam masala



150g (5oz) firm tofu, sliced
into 2cm (¾ inch) cubes



8 cherry tomatoes, halved



1 teaspoon cumin powder



50g (3 heaped
tablespoons) full fat greek

+ 2 tablespoons olive oil,
salt and pepper

I used to make roasted tofu all of the time when I was in grad school - this creation is like a time capsule. (PS: I forgot to put the yogurt in this photograph, oops!)

How to make it:

- Place 1 tablespoon of **olive oil** in a medium saucepan over a medium heat. Put the **spinach** into the saucepan with the **garam masala** and cook, stirring all the time, until the spinach has wilted. Season and transfer to a small baking dish.
- Arrange the **tofu** and **tomatoes** on top of the spinach. Mix ½ the **cumin** with the remaining olive oil and drizzle over the tofu. Season with a little **salt** and **pepper** and bake in the oven for 20 minutes.
- Mix the remaining cumin with the **greek yoghurt**. When the tofu is ready, serve with the yoghurt on the side.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 20 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use coconut or soy yoghurt instead of full fat greek yoghurt.

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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.



CHICORY, AVOCADO & APPLE SALAD

with walnut parsley dressing

What you need:



7 whole walnuts, finely chopped



10g (3 tablespoons) parsley, leaves picked and finely chopped



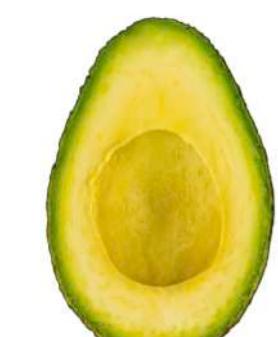
1 tablespoon apple cider vinegar



1 head of chicory, leaves separated



¼ green apple, finely sliced



½ avocado, sliced

+ 2 tablespoons olive oil,
salt and pepper

I recently had a salad just like this at a friend's place and just had to re-create it. What I love about it is how fancy it looks – but how easy it is to put together. Chicory leaves are really good for you, and their color is gorgeous.

How to make it:

- Mix the **walnuts**, **parsley**, **apple cider vinegar** and **olive oil** together and season with **salt** and **pepper**.
- Arrange the **chicory**, **apple** and **avocado** on a plate and spoon the dressing all over. Toss to coat and enjoy straight away!

Makes: 1 portion

Prep time: 10 mins

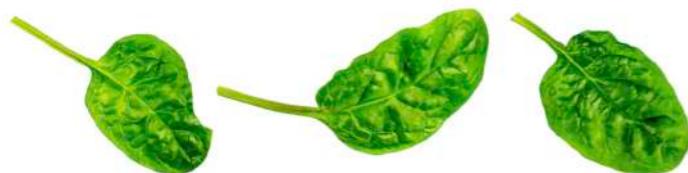
This recipe is **VEGAN**, **VEGETARIAN**,
DAIRY-FREE and **GLUTEN-FREE**



GG

PESTO SPINACH *with tomatoes*

What you need:



200g (6¾ cups) fresh
spinach leaves



2 teaspoons pesto



8 cherry tomatoes, halved

+ 1 tablespoon olive oil,
salt and pepper

How to make it:

- Place the **olive oil** in a large frying pan and add the **spinach**. Toss to combine, cover with a lid and allow to wilt for about 2 minutes stirring halfway through. When ready, transfer to a sieve and gently press with the back of a spoon to squeeze out the excess water.
- Return to the pan and heat through if it has gone cold. Stir in the **pesto** and season with salt and pepper. Add the **tomatoes** and serve.

Makes: 1 portion

Prep time: 2 mins / **Total cook time:** 3 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use a vegan pesto.



CRISPY KALE

with pistachio, lemon & yoghurt dressing

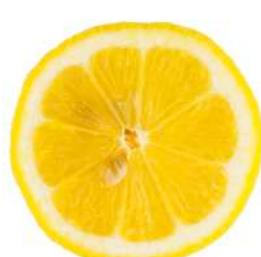
What you need:



70g (1 cup) kale, roughly shredded or chopped



20g (3 heaped tablespoons) pistachios, finely chopped plus extra to garnish



Zest and juice of $\frac{1}{2}$ lemon



1 teaspoon nutritional yeast (or 1 teaspoon finely grated parmesan cheese)



2 tablespoons full fat greek yoghurt

+ 1 tablespoon olive oil, salt and pepper

Ok. Hold it right there. This is my star recipe of the month. I recommend doubling the portion because every time I make it I eat about half of it still standing in the kitchen. It's irresistible!

How to make it:

- Preheat the oven to 200°C/180°C fan. Place the **kale** in a roasting dish, season with **salt** and **pepper** and drizzle with the **olive oil**. Use your hands to message the oil into the kale so that it is thoroughly coated.
- Roast in the oven for 5-7 minutes , or until crispy around the edges, tossing it halfway through. When ready, allow to cool while you make the dressing.
- Mix the **pistachios**, **lemon zest** and **juice**, **nutritional yeast** (or parmesan cheese) and **greek yoghurt** in a bowl until combined and season with **salt** and **pepper**.
- Transfer the kale to a plate, spoon the dressing all over and toss to combine. Top with some extra pistachios.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 7 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use soy yoghurt instead of full fat greek yoghurt.

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ANYTIME MAIN DISHES

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



STIR FRIED CAULI KIMCHI RICE *with avocado*

What you need:



½ cauliflower, stalks reserved



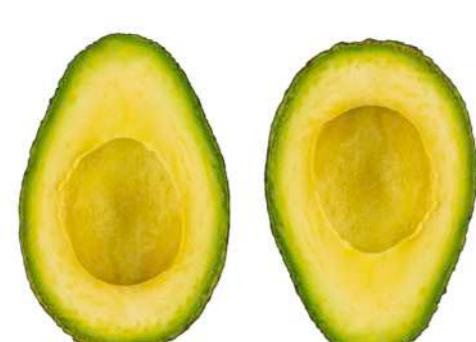
1 teaspoon cumin powder



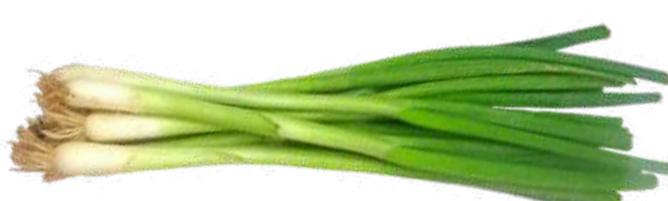
70g (2.5oz) kimchi, roughly chopped plus extra to garnish



1 tablespoon soy sauce



1 avocado, peeled and halved



2 spring onions, finely sliced

+ 1 tablespoon olive oil,
salt and pepper

Cauliflower rice has been around for quite some time, but this version I've created for you is fresh and different. And, I know it sounds weird, but I love adding a bit of parmesan on top of this bowl. Call me parmesan-crazy!

How to make it:

- Coarsely grate the **cauliflower** and finely chop the stalks. Place a large frying pan or wok on a high heat with the **olive oil**. Stir fry the cauliflower and stalks with the **cumin** for 4 minutes, stirring all the time, until slightly softened but still retaining some bite.
- Remove from the heat and stir in the chopped **kimchi** and **soy sauce**. Season with a little **salt** and a generous pinch of **pepper**.
- Divide between two bowls, top with the **avocado** and **spring onion** and an extra helping of kimchi. Some coriander leaves and sesame seeds make a nice addition if you have any.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 5 mins

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

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



MAINS

SPICED STUFFED AUBERGINE *with beef, dill & yoghurt*

What you need:



1 medium aubergine,
halved



10 cherry tomatoes



250g (9oz) minced beef



1 ½ teaspoons ras el hanout
(or paprika if you can't find
this)



70g (4 heaped
tablespoons) full fat
greek yoghurt



25g (1 loosely packed
cup) dill, finely chopped

+ 3 tablespoons olive oil,
salt and pepper

How to make it:

- Preheat the oven to 220°C/200°C fan/400°F/Gas 7. Slice each **aubergine** in half and cut a criss-cross pattern into the flesh, cutting down as deep as you can without piercing the skin. Drizzle 1 tablespoon of **olive oil** over each half and season with **salt** and **pepper**. Place in a small roasting dish, along with the **cherry tomatoes**. Roast in the oven for 30 minutes.
- Place a medium frying pan over a medium heat and add 1 tablespoon of olive oil. Add the **minced beef** and cook for about 10 minutes until browned.
- When the aubergine is ready, remove from the oven. Very carefully scoop the roasted aubergine flesh from the skin and add to the beef pan, along with the roasted tomatoes and **ras el hanout**. Mix everything together, mashing the tomatoes and aubergine into the beef and simmer for 3-4 minutes.
- Remove from the heat, stir through the **yoghurt** and **dill** and season generously with salt and pepper. Divide the mixture between the aubergine skins and serve. Top with some nuts if you have them to hand - pine nuts, walnuts and pistachio nuts all work well.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 35 mins

This recipe is GLUTEN-FREE

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the beef and use 250g of cooked puy lentils instead.
Use soy yoghurt instead of greek yoghurt if vegan.

HOW TO MAKE IT DAIRY-FREE:

Use soy yoghurt instead of greek yoghurt.

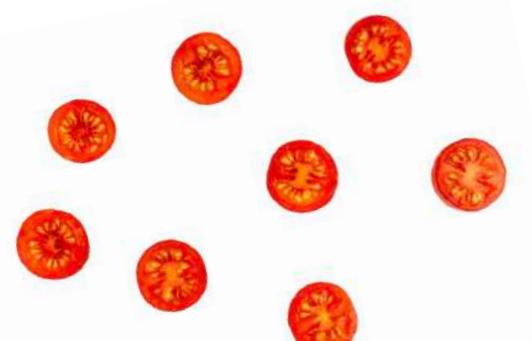


THAI RED COCONUT CURRY *with prawns, tomatoes & broccoli*

What you need:



1 small leek, roughly sliced



200g (1 1/3 cups) cherry tomatoes



2 tablespoons best quality thai red curry paste



1 (400ml / 13.5 fl oz) can of full fat coconut milk



½ head of broccoli, cut into florets



200g (7oz) prawns (you can use frozen, just defrost before using)

+ 1 tablespoon olive oil,
salt and pepper

This is my mom's recipe (with a twist). The first time she showed me how easy it was to make red prawn curry, I was hooked. Make this one evening when you want flavors to make you feel amazing.

How to make it:

- Place the **olive oil** in a large saucepan over a medium heat and sauté the **leeks** and **tomatoes** for 4 minutes with the lid on, stirring occasionally.
- Add the **thai red curry paste**, **coconut milk** and **broccoli**. Bring to a gentle simmer and cook for 4 minutes.
- Add the **prawns** and cook for 1-2 minutes more or until the prawns are cooked. Season with a pinch of **salt** and **pepper** and serve with a small portion of whole grain rice.

Makes: 2 portions

Prep time: 5 mins / **Total cook time:** 10 mins

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

HOW TO MAKE IT VEGETARIAN OR VEGAN:

Use a whole head of broccoli, omit the prawns and add 125g cashew nuts at the same time as the broccoli in step 2.

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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.



THE BEST BABA GANOUSH

with seeded crackers

What you need:



2 medium aubergines



200g (1 ¾ cups) pumpkin seeds



4 tablespoons tahini



3 tablespoons chia seeds



Juice of 1 lemon



1 garlic clove, peeled and finely grated or chopped

+ 2 tablespoons olive oil,
salt and pepper

Hello batch cooking! The baba ganoush will keep for up to 4 days in the refrigerator and the crackers will keep for a week if kept in an airtight container. You will love them.

How to make it:

- Preheat the oven to its highest setting. Place the **aubergines** on a baking tray and roast for 45 minutes. When ready, cover with some foil and allow to cool.
- Reduce the oven temperature to 200°C/180°C fan/350°F/Gas 6. Place ½ the **pumpkin seeds** in a food processor and blitz until they resemble fine breadcrumbs. Transfer to a bowl with the remaining pumpkin seeds, 1 tablespoon **tahini**, **chia seeds**, 1 tablespoon of **olive oil**, **salt** and **pepper** and 150mL (⅔ cup) **water**. Mix well and set aside for 15 minutes. This allows time for the liquid to be absorbed and the mixture to thicken.
- Line a 12x8 inch baking tray with baking parchment. Pour the mixture into the baking tray and spread out in a thin even layer. Bake in the oven for 30 minutes, or until just turning golden and crisp. Allow to cool and slice into 12 crackers.
- To finish making the baba ganoush, cut each aubergine in half and carefully scoop the flesh into a bowl. Add the remaining **tahini**, remaining **olive oil**, **lemon juice** and **garlic**, mix well and season with salt and pepper. Lightly sprinkle with dill if you have any. Serve with the crackers.

Makes: 2 portions

Prep time: 15 mins / Total cook time: 1 hr 15 mins

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

SEE YOU
IN MARCH!

