

2024

MAY



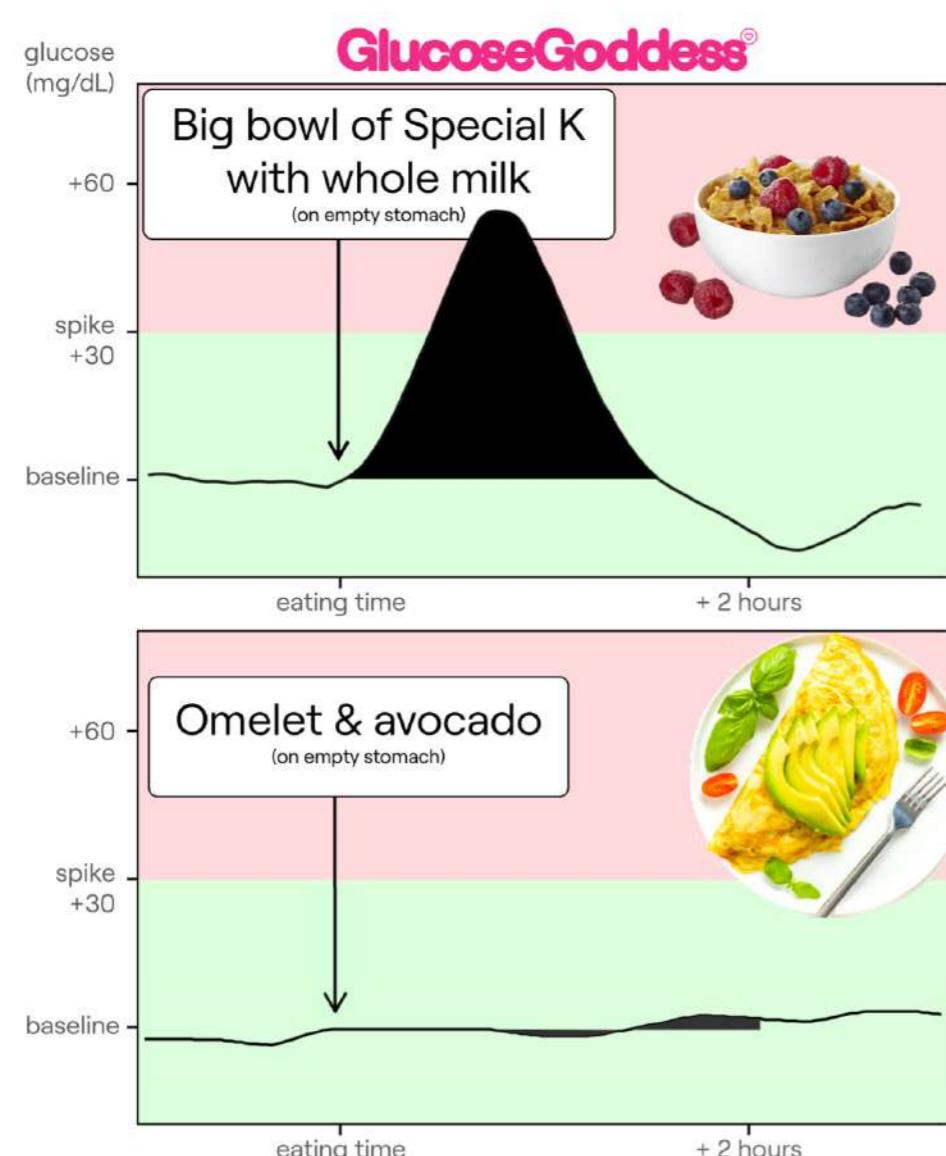
How the Recipe Club works

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:

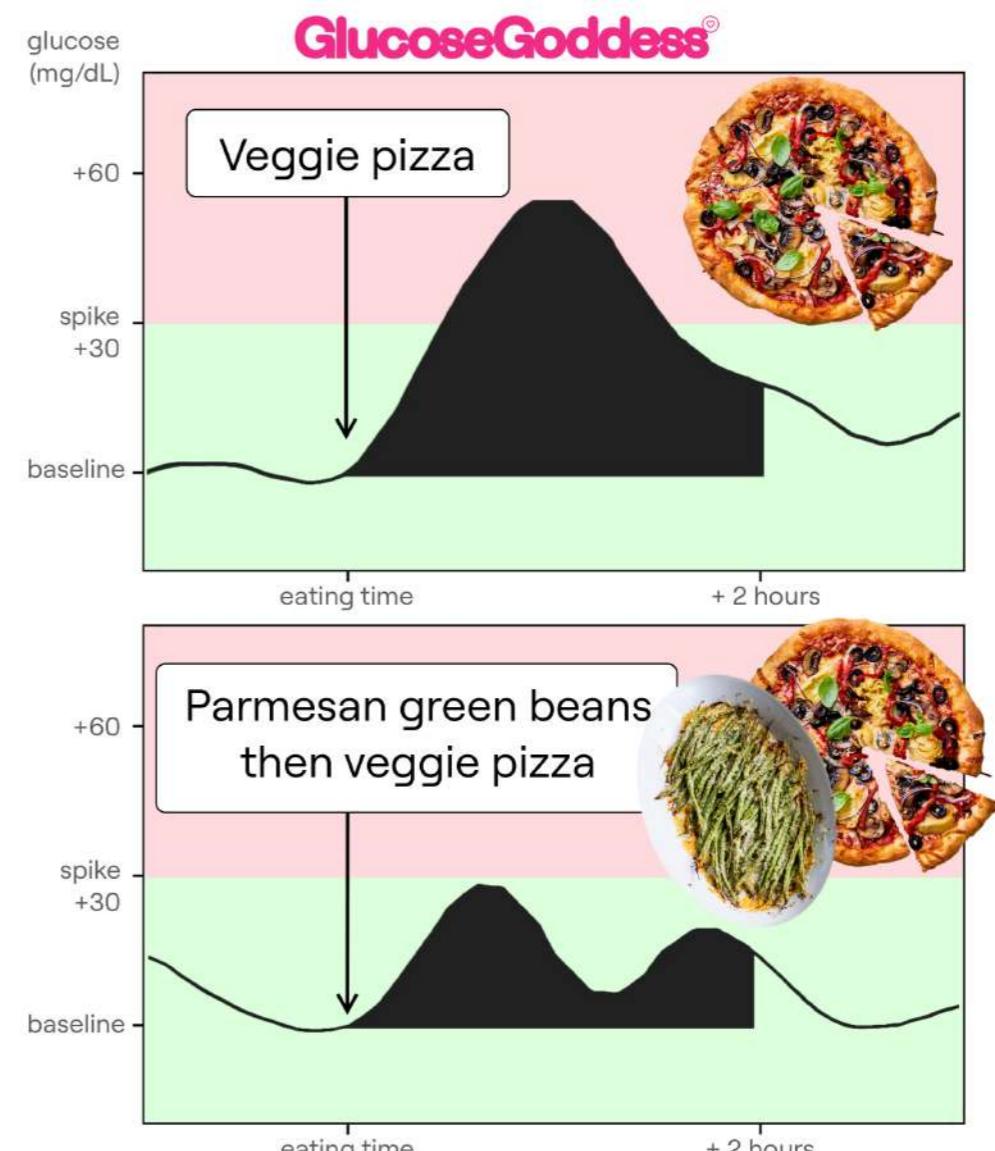
Savoury breakfasts

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



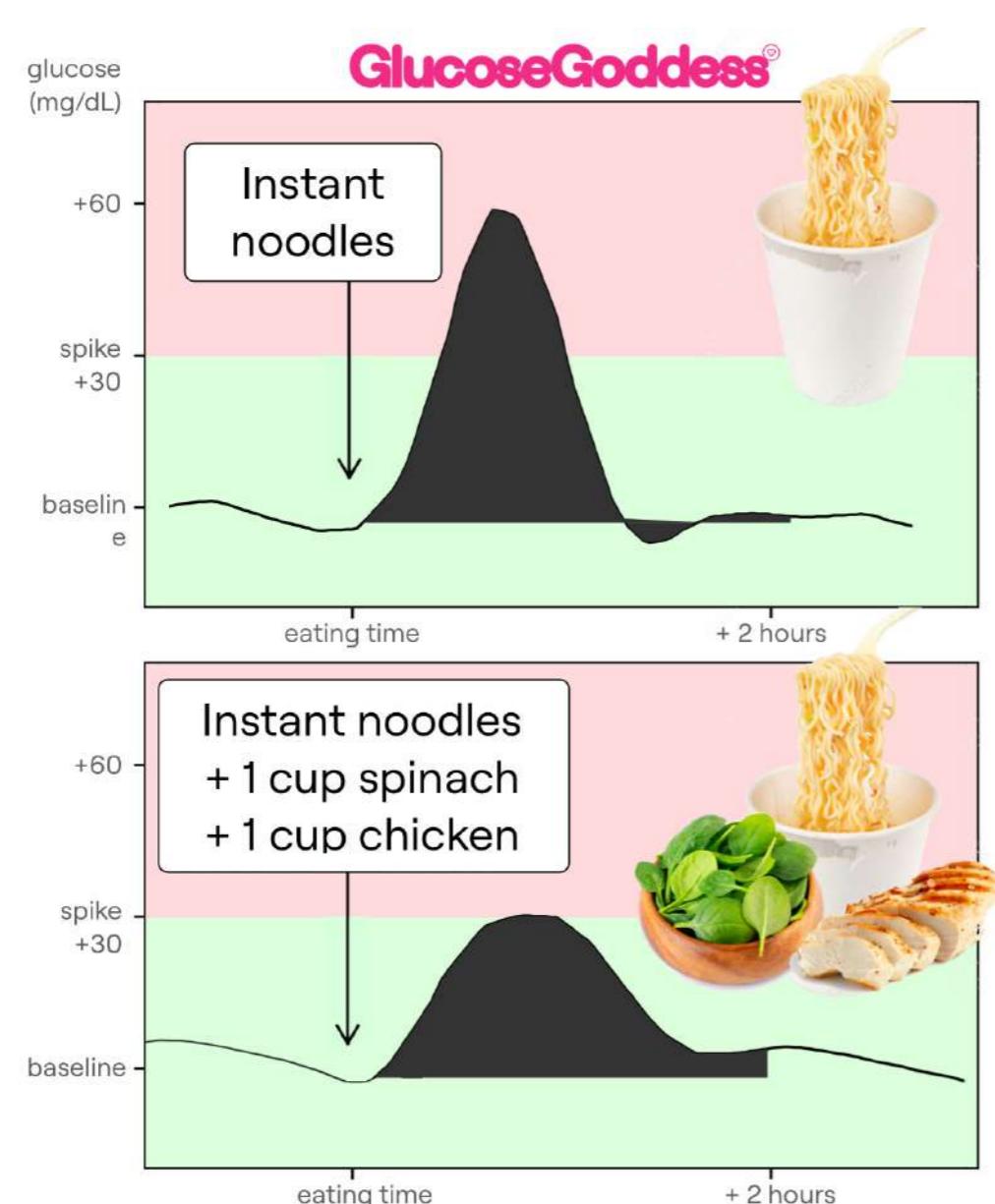
Veggie starters

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



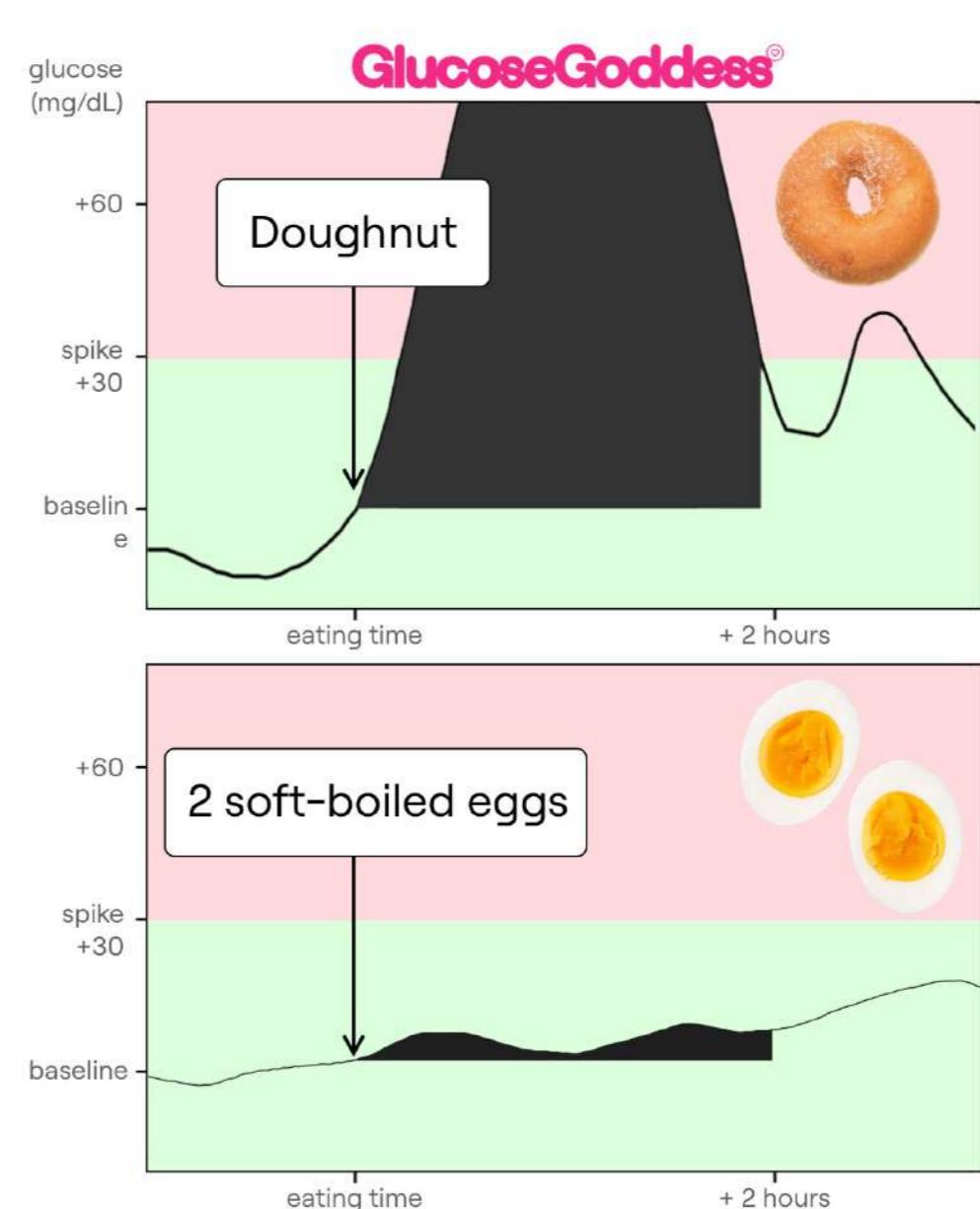
Main dishes

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

Morning lentil crepes

Breakfast crumble

Herb egg frittata

VEGGIE STARTERS

Pretty peperonata

Tangy cauliflower

Crunchy green beans

ANYTIME MAIN DISHES

Cozy butter bean curry

Lemon chicken skewers

Fish schnitzel

ANYTIME SNACK

Tahini chocolate balls

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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.



MORNING LENTIL CREPES

with spinach

What you need:



120g (2/3 cup) red split lentils



1 teaspoon garam masala



350g (10 cups) spinach



4 tablespoons greek or coconut yoghurt



12 cherry tomatoes, halved



5 sprigs of coriander, finely chopped

+ 5 teaspoons olive oil, salt and pepper

I grew up eating a Nutella crepe for breakfast every morning – probably the biggest breakfast glucose spike you can imagine! So I've been on a quest to make super-good-for-me crepes every since. Here's my new creation.

How to make it:

- Cover the **lentils** with water and soak for at least 4 hours or overnight. When ready, drain, transfer to a blender with the **garam masala**, a pinch of **salt** and **pepper** and 200mL water. Blitz until completely smooth.
- Place a large non-stick frying pan on a high heat with 1 teaspoon of **olive oil**. When really hot, pour $\frac{1}{4}$ of the batter into the pan, swirl the pan to spread out the batter and cook for 3-4 minutes until the edges are crispy and bubbles have appeared on the surface. Flip and cook for 2 minutes on the other side. Repeat with the remaining batter (using 1 teaspoon of oil for each one). Set the crepes aside and keep warm. The mixture makes four – save two for a day time snack or serve with the butter bean curry (see main dishes below).
- Wipe the pan clean and add the remaining olive oil and **spinach**. Place on a medium heat and stir to wilt the spinach – this only takes a few minutes. Season with salt and pepper.
- To serve, divide the **yoghurt** between two crepes, top with the wilted spinach, the **tomatoes**, and **coriander**.

Makes: 2 portions

Prep time: 10 mins / **Total cook time:** 15 mins

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



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BREAKFAST CRUMBLE *with raspberries, almonds & yoghurt*

What you need:



50g ($\frac{1}{3}$ cup) sunflower seeds



1½ tablespoons almond butter



½ teaspoon vanilla extract



30g ($\frac{1}{3}$ cup) flaked almonds



100g ($\frac{1}{2}$ cup) raspberries



3 tablespoons greek or coconut yoghurt

I get so many requests from you guys to make “sweet” breakfasts that don’t lead to a glucose spike. This is almost like dessert for breakfast, but keeps us balanced as it’s packed with protein, fiber, and fat. A delish.

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 4. Put the **sunflower seeds**, **almond butter** and **vanilla extract** in a food processor and blitz until crumbly and starting to clump together. Stir the **flaked almonds** into the mixture.
- Put the **raspberries** into an ovenproof ramekin dish (roughly 12 cm round and 4 cm deep) and mash lightly with a fork. Top with the crumble and bake in the oven for 15-20 minutes, until the crumble is golden. Serve topped with **yoghurt**.

Makes: 1 portion

Prep time: 10 mins / **Total cook time:** 20 mins

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



GG

HERB EGG FRITTATA

with yoghurt

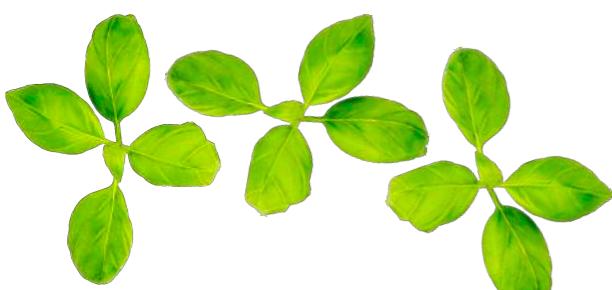
What you need:



40g (2 cups) fresh parsley



20g (1 cup) fresh coriander



15g (½ cup) fresh basil



4 eggs



1 shallot, peeled and finely sliced



4 tablespoons greek yoghurt

+ 3 tablespoons olive oil,
salt and pepper

I was at a coffee shop the other day and they had a similar herb frittata on the menu. It was insanely good so I had to recreate it for you, with a little twist. And don't hesitate to be generous with the yoghurt.

How to make it:

- Turn the grill on to high. Pile the **parsley**, **coriander** and **basil** onto a chopping board and finely chop. Transfer to a bowl, crack in the **eggs**, season and set aside.
- Place a medium non-stick frying pan on a medium heat and sauté the **shallots** with a pinch of **salt** in the **olive oil** for 2-3 minutes, until softened and golden.
- Pour the egg mixture into the pan and cook for 2-3 minutes, until the edges are crispy. Transfer under the grill and cook for 2-3 minutes more or until set.
- When ready, cut into four and serve with the **yoghurt**. The peperonata from the veggie starters (see below) is delicious served with this!

Makes: 2 portions
Prep time: 15 mins / **Total cook time:** 12 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Drain and rinse 1 400g/14oz tin of haricot beans and place in a blender with the herbs and sautéed shallots. Add enough olive oil to help it reach a hummus consistency. Season with salt and pepper and serve with rye bread.

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use coconut or soy yoghurt instead of 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.



PRETTY PEPPERONATA

What you need:



4 peppers, deseeded and finely sliced



1 onion, peeled and thinly sliced



3 garlic cloves, peeled and roughly chopped



200g (1½ cups) cherry tomatoes

+ 4 tablespoons olive oil,
salt and pepper

The habit of veggie starters are found in cultures around the world, like in Italy. I think it's so cool that science and traditions come together. Here is very famous Italian veggie starter dish, one of my favorite.

How to make it:

- Place a large frying pan over a medium heat and add the **olive oil, peppers, onions, garlic and tomatoes**. Season with **salt** and **pepper**, cover with a lid and cook over a medium heat for 30-35 minutes, stirring often.
- When the peppers are soft and silky smooth, the peperonata is ready. Season once more and serve either hot or cold.

Makes: 2 portions

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

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



TANGY CAULIFLOWER

with caper, orange & rocket dressing

Counts as your vinegar hack too.

What you need:



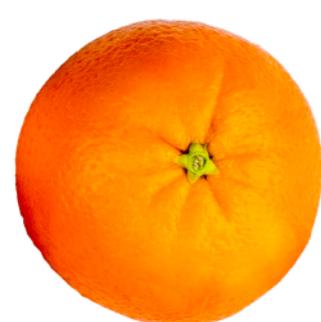
1 cauliflower, cut into florets, stalks roughly chopped



40g (2 cups) rocket, finely chopped



3 tablespoons capers, finely chopped



Zest of 1 orange



1½ tablespoons red wine vinegar

+ 4 tablespoons olive oil,
salt and pepper

Cauliflower is one of my all-time favorite veggies. Mostly because it's a great vessel for lots of different tastes. Here I made it differently than my usual tahini and parmesan – a fresh tangy creation. I hope you like it.

How to make it:

- Bring a large pan of salted water to the boil and cook the **cauliflower** and stalks for 4–5 minutes, until tender but still firm.
- Mix the **rocket**, **capers**, **orange zest**, **red wine vinegar** and **olive oil** together in a large bowl and season with **salt** and **pepper**.
- When the cauliflower is ready, use a sieve to drain and allow it to stand for 4 minutes to dry in its steam. Excess liquid in the cauliflower will make the dressing watery.
- Tip the warm cauliflower into the bowl with the dressing and toss until thoroughly coated. The warm cauliflower will absorb all of the delicious flavours. Serve immediately or chill and enjoy later. The flavours will intensify over time!

Makes: 2 portions

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

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



CRUNCHY GREEN BEANS

with shallot vinaigrette

Counts as your vinegar hack too.

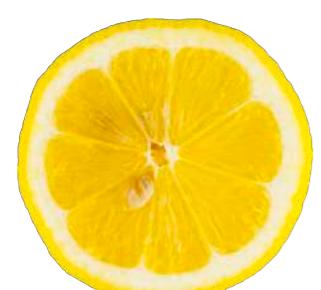
What you need:



1 shallot, finely chopped



1 tablespoon apple cider vinegar



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



30g ($\frac{1}{3}$ cup) flaked almonds



300g (10oz) green beans, trimmed



1 teaspoon Dijon mustard

+ 3 tablespoons olive oil,
salt and pepper

Green beans are a staple of French food, and the season starts right now, in May. A little tip: I like my green beans on the “al dente” side. Don’t overcook them or they won’t be as crunchy.

How to make it:

- Mix the **shallots** with the **apple cider vinegar, lemon zest** and **juice** and marinade for 10 minutes.
- Place a small frying pan over a medium heat and toast the **flaked almonds** until golden – this only takes a few minutes. When ready, remove from the pan and set aside.
- Bring a large pot of salted water to the boil and cook the **green beans** for 3-4 minutes. When ready, drain and keep warm.
- Whisk the **olive oil** and **mustard** into the marinated shallots until emulsified and season with **salt** and **pepper**. Toss with the warm green beans, and serve topped with the flaked almonds.

Makes: 2 portions
Prep time: 5 mins / Total cook time: 5 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.



COZY BUTTER BEAN CURRY

What you need:



1 tin (400mL / 14oz) of full fat coconut milk



40g (2 cups) fresh coriander, roughly chopped



1 large onion, peeled and finely sliced



35g (1.2oz) fresh ginger, peeled and finely chopped



1 ½ tablespoons curry powder



1 tin (400g/14oz) butter beans

+ 3 tablespoons olive oil, salt and pepper

So comforting and cozy... but with a kick from the ginger. I love it.

How to make it:

- Place the **coconut milk** and **coriander** in a blender and blitz, until the coriander is finely chopped and the coconut milk is vibrant green.
- Put the **onion**, **ginger**, a generous pinch of **salt** and the **olive oil** in a medium saucepan. Place on a medium heat and saute for 10 minutes until softened, stirring often. Add a splash more olive oil if you need it.
- Stir in the **curry powder** and cook for about 30 seconds. Add the **butter beans** and coconut milk to the pan. Bring to the boil and simmer for 3-4 minutes. Serve with lots of green veggies on the side.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 15 mins

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



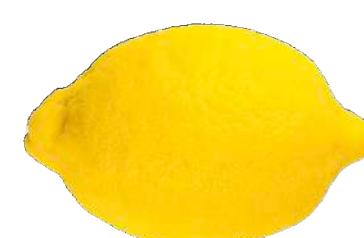
LEMON CHICKEN SKEWERS

with artichoke & olive chickpea tapenade

What you need:



2 chicken breasts

1 jar artichoke hearts in oil,
drainedZest of 1 lemon, juice of ½
lemon60g (½ cup) green olives,
finely chopped½ tin chickpeas, drained,
rinsed and roughly
chopped3 anchovies, finely
chopped+ 5 tablespoons olive oil,
salt and pepper

How to make it:

- Preheat the oven to 190°C/170°C fan/340°F/Gas 5. Place the **chicken breasts** between two large pieces of baking parchment and use a rolling pin to bash the chicken, flattening it out to an even layer roughly 0.5cm thick. Slice each breast into 4 thin, long strips. Put 4 wooden skewers (25cm/10inches) to soak in water for 15 minutes.
- Thread 2 strips of chicken onto each skewer, alternating the strips with a piece of **artichoke**. When ready, grate the **lemon zest** all over, drizzle with 2 tablespoons **olive oil** and season generously with **salt** and **pepper**.
- Mix the **chickpeas**, **olives** and **anchovies** with the **lemon juice**, 2 tablespoons of olive oil and season with salt and pepper. Set aside.
- Put a large frying or griddle pan over a high heat with 1 tablespoon of olive oil. When really hot, fry the skewers on all sides for 2 minutes until golden. Transfer to a baking tray and finish in the oven for 8-10 minutes, until the chicken is cooked through. Serve immediately with the chickpea tapenade. A green salad is also a lovely addition. These skewers are also lovely cooked on a

Makes: 2 portions**Prep time:** 20 mins / **Total cook time:** 10 mins

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

HOW TO MAKE IT VEGAN OR VEGETARIAN

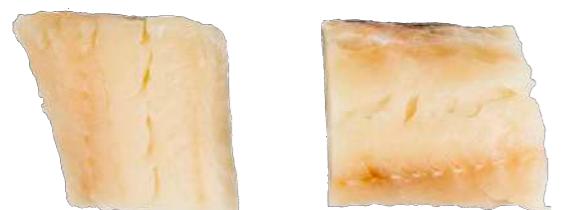
Instead of chicken, use vegetables such as courgettes, peppers, aubergines and onions. Replace the anchovies with 2 tablespoons of capers or omit altogether.



FISH SCHNITZEL

with radish & celery slaw

What you need:



2 fillets cod, skin removed
(125g/4.4oz each)



35g (½ cup) panko
breadcrumbs



15 radishes



2 celery sticks, grated
discard any stringy bits
that don't pass through
the grater



100g (½ cup) greek
yoghurt



1½ tablespoon capers + 1
tablespoon brine from the
jar

+ 6 tablespoons olive oil,
salt and pepper

How to make it:

- Place 2 tablespoons of **olive oil** in a large bowl and season with **salt** and **pepper**. Place the **breadcrumbs** in another bowl. Pat the **fish** dry with a piece of kitchen paper. Dip each fillet into the olive oil and then coat with the breadcrumbs. Set aside.
- Coarsely grate the **radishes** and **celery**. Discard any stringy pieces of celery. Use a hand held stick blender to blitz the **yoghurt**, **capers** and their brine and 1 tablespoon of olive oil together until smooth. Season and set aside.
- Place a large frying pan over a medium - high heat with 3 tablespoons of olive oil. When hot, fry the fish for 5 minutes on each side, until golden and crisp. If you have thick pieces of fish, this may take a little longer. Reduce the heat if so, to avoid the breadcrumbs burning.
- Just before serving mix the radishes and celery with the caper yoghurt dressing. Divide between two plates along with the fish and serve.

Makes: 2 portions

Prep time: 15 mins / Total cook time: 10 mins

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Slice 1 large aubergine lengthways into 4 slices, brush with 2 tablespoons of olive oil and season. Preheat the oven to 200°C/180°C fan/350°F/Gas 6 and line a baking tray with baking parchment. Bake the aubergine slices for 20 minutes until softened and slightly golden. Allow to cool and use instead of fish.

HOW TO MAKE IT DAIRY-FREE:

Use plant-based yoghurt.

HOW TO MAKE IT GLUTEN-FREE:

Use gluten-free breadcrumbs or ground almonds.

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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.



Take me with you TAHINI CHOCOLATE BALLS

What you need:



185g (1 ½ cups) cashew nuts



3 tablespoons tahini



1 ½ teaspoons vanilla extract



Zest of ½ lemon



30g (3 heaped tablespoons) sesame seeds



2 tablespoons unsweetened cocoa powder

+ a pinch of salt

This month, I didn't put any tahini on the cauliflower... but I made a tahini snack! Annnnd it has chocolate in it. And it keeps our glucose steady. I mean, what else do we need in life?

How to make it:

- Place the **cashew nuts, tahini, vanilla extract, lemon zest** and a pinch of **salt** in a food processor and blitz until the mixture starts to clump together – around 3-4 minutes.
- Use a tablespoon measure to scoop little balls of the mixture together and form into tight balls.
- Put the **sesame seeds** on a plate and the **cocoa powder** on another plate. Roll 6 of the balls in the sesame seeds, and the other 6 in the cocoa powder. You could also do cocoa powder and sesame seeds together if you wish. Mini cupcake cases are a useful way to store them. They will keep in an airtight container for up to 5 days.

Makes: 12 bites
Prep time: 15 mins

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

SEE YOU
IN JUNE!

