

2023

JUNE



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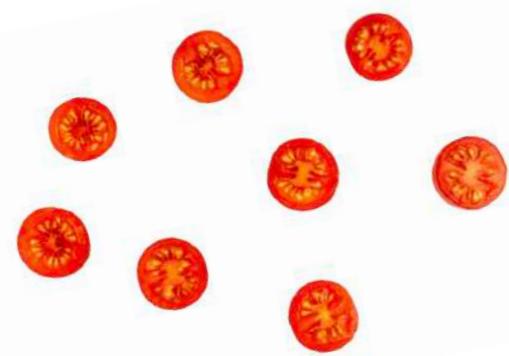
SAVOURY BREAKFAST

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



SOURDOUGH TOAST WITH HUMMUS & TOMATOES

What you need:



10 cherry tomatoes



2 tablespoons of hummus



2 slices of sourdough bread, toasted

+ ½ tablespoon olive oil,
salt and pepper

How to make it:

- Preheat the oven to 200°C Fan/220°C/425°F/Gas mark 7. Place the **tomatoes** in a small roasting dish, drizzle with **olive oil**, **salt** and **pepper** and roast in the oven for 12 minutes. When ready, allow to cool slightly.
- Spread the **hummus** on the **sourdough**, top with the tomatoes and drizzle the roasting juices all over. Season with a little more pepper and dig in!

Makes: 1 portion

Prep time: 5 mins / Total cooking time: 12 mins

VEGETARIAN, VEGAN, DAIRY-FREE

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



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FLUFFY FETA PANCAKE

with spinach

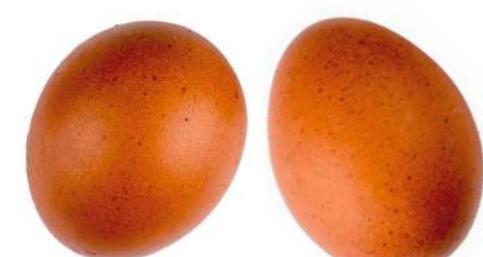
What you need:



1 tablespoon full fat Greek yoghurt



40g feta cheese, crumbled



2 eggs



1 tablespoon flour



Small handful of fresh spinach



Knob of butter

+ salt and pepper

How to make it:

- Using an electric stick blender, blitz the **yoghurt, feta cheese, eggs** and **flour** together. Add a generous pinch of **pepper**.
- Place a medium non-stick frying pan on a low heat. Add the **butter** and when melted and bubbling, pour in the batter and cook for about 3 minutes, until the top of the pancake is almost set.
- Place the **spinach** on one half of the pancake and carefully flip the pancake in half. Transfer to a plate and serve while still hot.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 4 mins

VEGETARIAN

HOW TO MAKE IT VEGAN:

Replace the eggs with 6 tablespoons of chickpea flour mixed with 6 tablespoons of water; use firm tofu instead of feta cheese; use coconut or almond yogurt instead of Greek yogurt; use olive oil instead of butter.

HOW TO MAKE IT DAIRY-FREE:

Use firm tofu instead of feta cheese; use coconut or almond yogurt instead of Greek yogurt; use olive oil instead of butter.

HOW TO MAKE IT GLUTEN-FREE:

Go for a gluten-free flour, like chickpea flour or buckwheat flour.



PRAWN & AVOCADO “SALSA” *on rye crackers*

What you need:



1 small avocado, peeled
and roughly chopped



1 tablespoon lemon juice



50g / $\frac{1}{3}$ cup cooked
prawns, roughly chopped



6 cherry tomatoes, quartered



4g / 1 tablespoon roughly
chopped coriander



2 rye crackers

+ $\frac{1}{2}$ tablespoon olive oil,
salt and pepper

How to make it:

- As soon as you have chopped the **avocado**, toss it in the **lemon juice** to stop it from browning. Add the **prawns**, **cherry tomatoes**, **coriander**, **olive oil** and mix. Season with salt and pepper and serve on **rye crackers**.

Makes: 1 portion

Prep time: 10 mins

DAIRY FREE, GLUTEN-FREE WITHOUT CRACKERS

HOW TO MAKE IT VEGAN:

Change the prawns for cooked chickpeas or a vegan tuna substitute.

HOW TO MAKE IT VEGETARIAN:

Change the prawns for cooked chickpeas or cheese.

HOW TO MAKE IT GLUTEN-FREE:

Go for gluten-free crackers or omit them.

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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.



ASPARAGUS, FETA & LEMON

ALSO COMPLETES THE VINEGAR HACK

What you need:



150g asparagus, woody ends trimmed and finely chopped



Zest of ¼ lemon



1 tablespoon ACV



50g feta cheese, crumbled

+ 1 tablespoon olive oil,
salt and pepper

How to make it:

- Fill a small saucepan with water and bring to the boil. Add the **asparagus** and cook for 1 minute. Drain and set aside to cool slightly.
- Mix the **lemon zest**, **Apple cider vinegar** and **olive oil** together in a bowl and season with **salt** and **pepper**. Add the feta cheese and asparagus, toss everything together and serve.

Makes: 1 portion

Prep time: 7 mins / Total cooking time: 2 mins

VEGETARIAN, GLUTEN-FREE

HOW TO MAKE IT VEGAN:

Replace the feta cheese with firm tofu.

HOW TO MAKE IT DAIRY-FREE:

Change the feta cheese for firm tofu.



ROASTED GARLIC GREENS

ALSO COMPLETES THE VINEGAR HACK

What you need:



3 cloves of garlic, skin on



2 tablespoons full fat cream cheese



1 tablespoon ACV



150g green beans, trimmed



1 tablespoon walnuts, roughly chopped

+ 1 tablespoon olive oil, salt and pepper

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Place the **garlic cloves** onto a piece of tin foil and pour the **olive oil** on top. Scrunch the foil around the cloves so that they are fully encased. Roast in the oven for 20 minutes. When ready, allow to cool a little before handling.
- Place the **green beans** in a saucepan of boiling water and cook for 2 minutes, drain and keep warm.
- Carefully remove the skins from the garlic and place in a bowl with the **cream cheese**, **ACV** and the oil that was used for roasting. Season with **salt** and **pepper** and mash everything together with the back of a fork.
- Toss the beans with the dressing and top with **walnuts**.

Makes: 1 portion

Prep time: 5 mins / Total cooking time: 25 mins

VEGETARIAN, GLUTEN-FREE

HOW TO MAKE IT VEGAN:

Change the cream cheese for a nut based spread.

HOW TO MAKE IT DAIRY-FREE:

Change the cream cheese for a nut based spread or a dairy-free cream cheese.



BALSAMIC ROASTED RADISHES

ALSO COMPLETES THE VINEGAR HACK

What you need:



10 radishes, quartered
(170g roughly)



2 tablespoons balsamic
vinegar



2 tablespoons pistachios,
roughly chopped

+ 1 tablespoon olive oil,
salt and pepper

How to make it:

- Preheat the oven to 180°C fan/200°C/400 F/Gas 6. Place the **radishes** in a small baking dish and toss with the **balsamic vinegar**, **olive oil**, **salt** and **pepper**. Roast in the oven for 15 minutes.
- When ready, top with **pistachios** and serve.

Makes: 1 portion

Prep time: 5 mins / Total cooking time: 15 mins

VEGETARIAN, VEGAN, DAIRY-FREE, GLUTEN-FREE

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ANYTIME MAIN DISHES

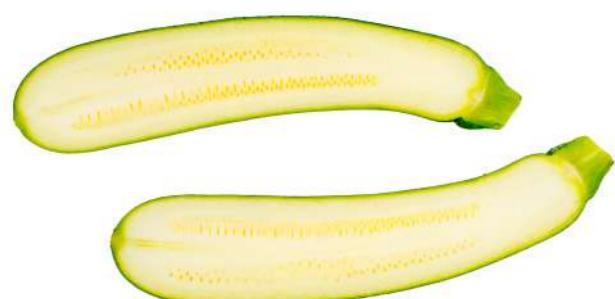
After a veggie starter or on their own, get ready to meet these seriously tasty main dishes.



GG[®]

GINGER, PRAWN & COCONUT STEAMED PARCEL

What you need:



1 large courgette, halved and sliced into 0.5cm matchsticks



2 cm piece of ginger, peeled and finely chopped



1 red chilli, seeds removed and finely chopped



220g raw prawns



2 tablespoons fish sauce



125ml/ ½ cup full fat coconut milk

+ salt and pepper

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Measure two pieces of baking parchment, each 15 inches long, and lay on a flat surface.
- Divide the **courgette**, **ginger**, **chilli** and **prawns** between each piece of parchment, placing the ingredients right in the middle of each sheet. Mix the **fish sauce** with the **coconut milk**, and pour equal amounts over each pile of ingredients. Toss everything together and season with a little salt and pepper.
- Tightly seal the baking parchment together at the top and sides, either by folding or scrunching the paper together. Make sure there are no gaps and enough space for the steam to circulate and cook the prawns. Transfer to a baking tray.
- Bake in the oven for 15 minutes. When ready, open the parcel and serve with cooked rice or quinoa.

Makes: 2 portions

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

DAIRY-FREE, GLUTEN-FREE

HOW TO MAKE IT VEGAN:

Change the prawns for firm tofu or tempeh cut into cubes.

HOW TO MAKE IT VEGETARIAN:

Change the prawns for firm tofu or tempeh cut into cubes.

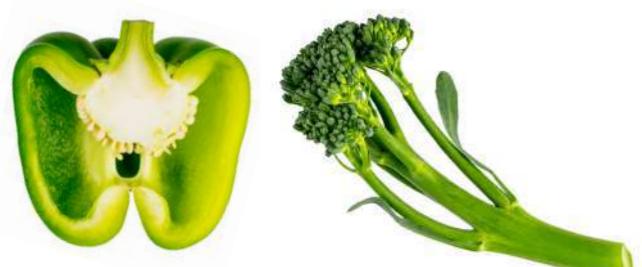


ANY VEGGIE EGG FRIED RICE

What you need:



100g/ ½ cup brown basmati rice



250g mix of any veg (except root veg), finely chopped



1 red or green chilli, finely chopped (optional)



2 eggs



2 tablespoons soy sauce or tamari



Chilli sauce to garnish

+ 1 tablespoon olive oil, salt and pepper

How to make it:

- Place the **rice** in a small saucepan with 435ml/ 3 ½ cups of water and a generous pinch of **salt**. Cook on a low heat with the lid on for 25-30 minutes, or until soft with a bit of bite and the water is absorbed. Remove from the heat, and allow it to steam with the lid on while you prepare the stir fry.
- Heat the **olive oil** in a large frying pan and when hot, stir fry the **veg** for 2-3 minutes. Add the rice, and move to one side of the pan.
- Crack the **eggs** into the empty side of the pan and add the **soy sauce**. Mix together and cook for a minute or so, stirring all the time. Now, mix the egg with the rice, and fry for 1 more minute.
- Divide between two plates and top with **chilli sauce**.

Makes: 2 portions

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

VEGETARIAN, DAIRY-FREE, GLUTEN-FREE IF USING TAMARI

HOW TO MAKE IT VEGAN:

Change the eggs for firm tofu cut into cubes.

HOW TO MAKE IT GLUTEN-FREE:

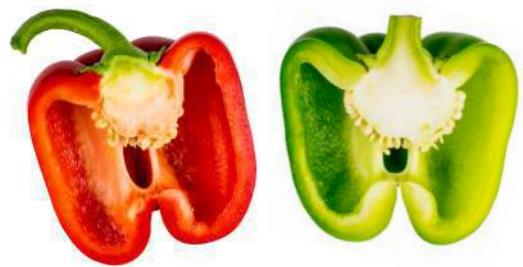
Use tamari sauce instead of soy sauce.



MAINS

ONE PAN CHICKEN & VEG BAKE *with soy and lime*

What you need:



4 peppers, mix of colours,
seeds removed and sliced
into wedges



2 chicken breasts, roughly
170g each



Juice of 2 limes



2 tablespoons soy sauce or
tamari

+ salt and pepper

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Spread the **peppers** onto a baking tray lined with baking parchment and toss with the **olive oil**. Season with **salt** and **pepper**.
- Make some room on the tray for the **chicken** (lay them flat on the baking tray rather than on top of the veg). Mix the **lime juice** with the **soy sauce** and pour all over.
- Bake in the oven for 30 minutes. Serve on its own or with rice.

Makes: 2 portions

Prep time: 7 mins / Total cooking time: 30 mins

DAIRY-FREE, GLUTEN-FREE IF USING TAMARI

HOW TO MAKE IT VEGAN:

Change the chicken for seitan.

HOW TO MAKE IT VEGETARIAN:

Change the chicken for seitan.

HOW TO MAKE IT GLUTEN-FREE:

Use tamari sauce instead of soy sauce.

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ANYTIME SNACK

For when hunger strikes



HUMMUS & RADISHES

What you need:



3 tablespoons hummus



8 radishes, halved

+ salt and pepper

How to make it:

- Take one delicious crunchy **radish** and scoop up some creamy **hummus** and relax!
- Optionally, sprinkle some **paprika** and drizzle some **olive oil** on top of your hummus.

Makes: 1 portion

Prep time: 5 mins

VEGAN, VEGETARIAN, DAIRY-FREE, GLUTEN-FREE

See you in July!

With love, ❤
Jessie

GlucoseGoddess®