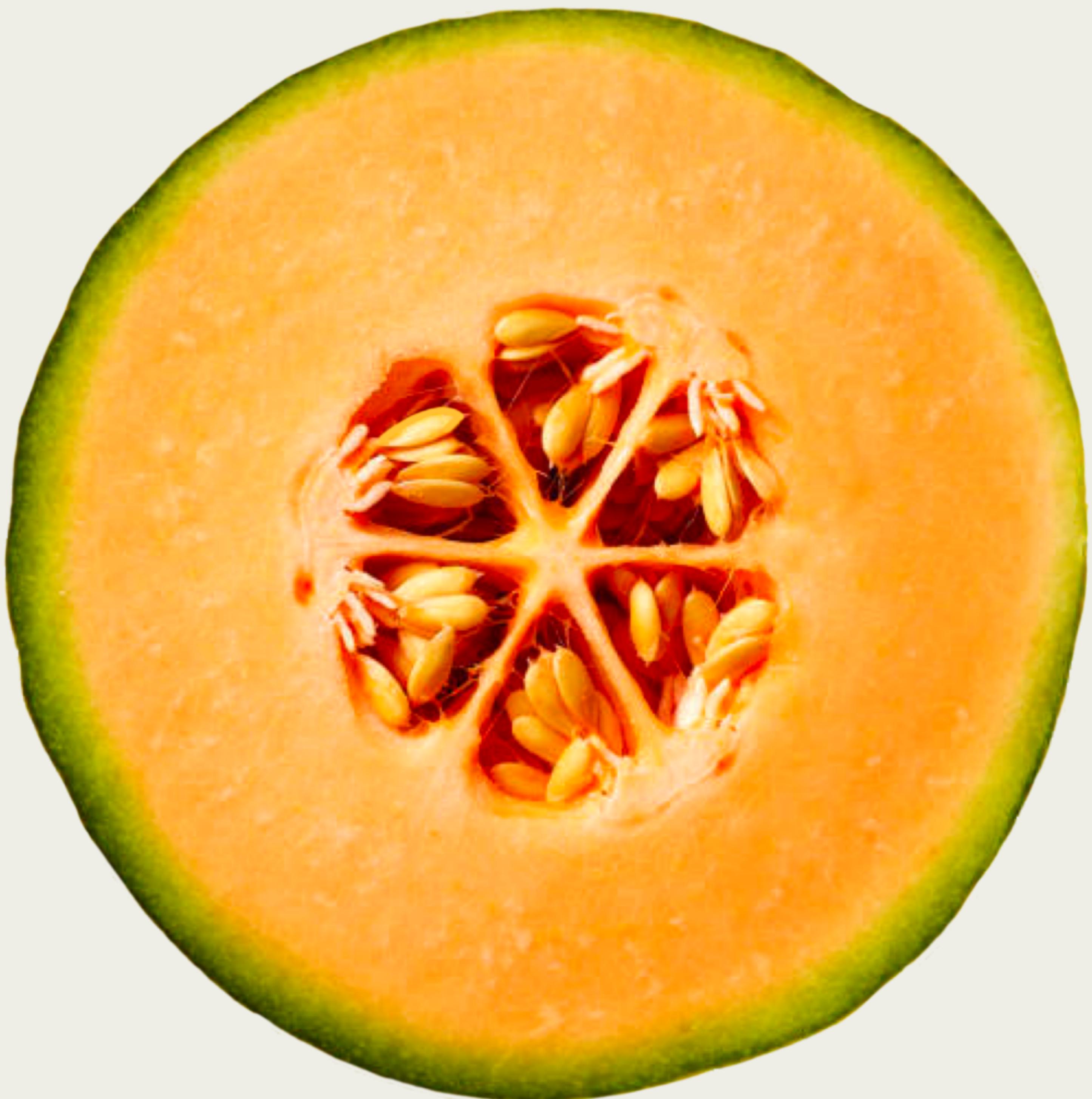


2023

# JULY



JULY 2023

# 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.



# SMOKED MACKEREL PATE *on toast*

## *What you need:*



1 100g fillet of cooked smoked mackerel, skin removed



30g/2 tablespoons cream cheese



Zest of ½ a lemon plus 1 tablespoon of juice



5g/ 2 tablespoons dill, roughly chopped



1 slice of rye or sourdough bread, toasted

+ Salt and pepper

I know fish in the morning feels like a stretch for many people as they first embark on their savoury breakfast journey. But, test out this recipe and you'll quickly become a total convert. My mouth waters just thinking of this one.

## *How to make it:*

- Place the **mackerel, cream cheese, lemon zest, lemon juice** and **dill** in a small food processor with a pinch of **salt** and **pepper**. Blitz until smooth and serve on toasted rye or **sourdough bread**.

Makes: 1 portion

Prep time: 7 mins

### HOW TO MAKE A VEGAN OR VEGETARIAN ALTERNATIVE:

Mash 100g white beans such as haricot or butter beans with lemon zest, juice, dill, 1 tablespoon of olive oil, salt and pepper.

### HOW TO MAKE IT DAIRY-FREE:

Omit the cream cheese and add 1 tablespoon olive oil.

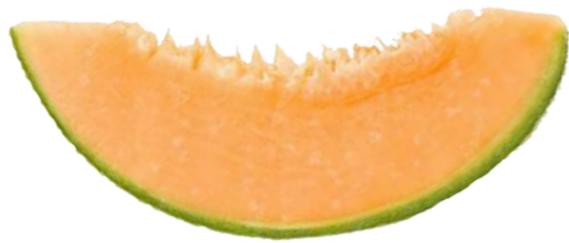
### HOW TO MAKE IT GLUTEN-FREE:

Go for a gluten-free bread.



# MELON, PARMA HAM, ROCKET *breakfast salad*

*What you need:*



2 slices of cantaloupe melon, peeled and sliced (150g prepared weight)



3 slices of Parma ham, torn into strips



Small handful of rocket



Squeeze of lemon juice



1 tablespoon of toasted flaked almonds (optional)

+ 1 tablespoon olive oil, salt and pepper

Top tip: if you were keeping the ingredients in the fridge, take them out 20 minutes before assembling the salad – the flavours will be richer.

*How to make it:*

- Assemble the **melon**, **parma ham** and **rocket** on a plate. Drizzle the **olive oil** and **lemon juice** all over and top with the **flaked almonds**, if using. Season with **salt** and **pepper**.

Makes: 1 portion

Prep time: 5 mins

GLUTEN-FREE, DAIRY-FREE

## HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the parma ham, dice 100g firm tofu into 1 cm (or ½ inch) cubes and marinade in 1½ tablespoons of balsamic vinegar for 5 minutes.



# HOMEMADE BAKED BEANS *and greens*

## *What you need:*



300g cherry tomatoes



1 garlic clove, peeled and roughly chopped



2 tablespoons soy sauce or tamari



1 tin (400g) of black beans, drained



100g/4 cups of shredded greens such as kale, savoy cabbage or spring greens

+ 2 tablespoons olive oil , salt and pepper

For when you want to start your day with a savoury breakfast that instantly makes you feel fresh, hearty and healthy.

## *How to make it:*

- Preheat the oven to 180°C Fan/200°C/400°F/Gas mark 6. Place the **tomatoes, garlic, soy sauce, black beans** and **olive oil** into a medium ovenproof saucepan with a lid. Stir well, and bake in the oven for 30 minutes.
- Half way through cooking, remove from the oven and mash the tomatoes with the back of a fork to release their juices.
- Blanch the **greens** in a saucepan of simmering salted water for 30 seconds and drain. Season the baked beans with **salt** and **pepper** and serve on top of the greens.

Makes: 2 portions

Prep time: 5 mins / Total cook time: 30 mins

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

## HOW TO MAKE IT GLUTEN-FREE:

Use tamari instead of soy sauce.

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# VEGGIE STARTERS

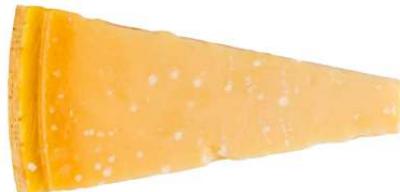
Add one of these veggie starters to the beginning of lunch or dinner. The fiber in the veggies will reduce the glucose spike of the rest of the meal.



# FENNEL & RADISH SLAW *with parmesan*

ALSO COMPLETES THE VINEGAR HACK

*What you need:*



2 tablespoons finely grated parmesan cheese



1 tablespoon full fat Greek yoghurt



1 tablespoon ACV



1 small fennel bulb, stalk trimmed and very finely sliced



4 radishes, finely sliced



1 tablespoon finely chopped dill

+ 1 tablespoon olive oil,  
salt and pepper

Super fresh and summery salad of dreams.

*How to make it:*

- Mix the **parmesan cheese, yoghurt, ACV** and **olive oil** together in a bowl and season with **salt** and **pepper**.
- Add the **fennel, radish** and **dill**, toss and serve.

Makes: 1 portion

Prep time: 10 mins

VEGETARIAN, GLUTEN-FREE

#### HOW TO MAKE IT VEGAN:

Use coconut, soy or almond yogurt instead of Greek yogurt, and a vegan parmesan cheese alternative.

#### HOW TO MAKE IT DAIRY-FREE:

Omit the parmesan. Mix 2 tablespoons soy yoghurt with 1 tablespoon ACV,  $\frac{1}{3}$  tablespoon dijon mustard, salt and pepper.



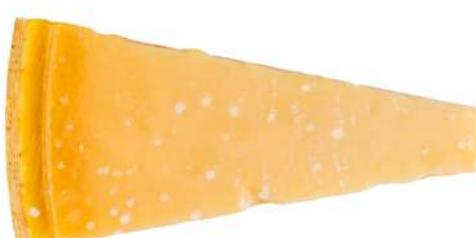
# TO DIE FOR COTTAGE CHEESE & COURGETTES

ALSO COMPLETES THE VINEGAR HACK

## *What you need:*



60g /  $\frac{1}{4}$  cup full fat cottage cheese



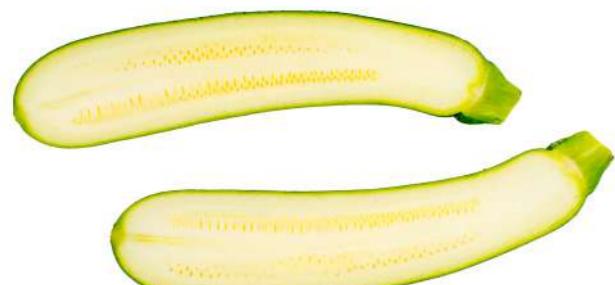
1 tablespoon finely grated parmesan cheese



1 tablespoon finely chopped parsley



1 tablespoon ACV



1 medium courgette, sliced into 0.5cm circles

+ 1 tablespoon olive oil, salt and pepper

This is a grown up version of my childhood favorite: courgettes and parmesan.

## *How to make it:*

- Mix the **cottage cheese**, **parmesan**, **parsley** and **ACV** together in a bowl and season. Set aside.
- Heat the **olive oil** in a medium frying pan and sauté the **courgettes** for about 3 minutes, or until slightly softened and golden. Season with **salt** and **pepper**.
- Serve the courgettes on top of the cottage cheese mixture and drizzle the oil from the pan all over.

Makes: 1 portion

Prep time: 10 mins / Total cook time: 3 mins

VEGETARIAN, GLUTEN-FREE

## HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Instead of using cottage cheese, mix 2 tablespoons of tahini with about 2 tablespoons of cold water, until smooth. Add 1 tablespoon soy sauce or tamari, 1 teaspoon ACV and some chopped parsley if you have it.



# LEMON TAHINI BROCCOLI

*What you need:*



10-12 stems tenderstem broccoli



1 tablespoon tahini



Zest of  $\frac{1}{2}$  lemon plus 1 tablespoon juice



1 teaspoon dijon mustard

+ 1 tablespoon olive oil,  
salt and pepper

I started a tahini addiction during Covid, and haven't looked back since. I put it on everything! This is an incredibly easy veggie starter - also great to get little ones to like broccoli.

*How to make it:*

- Bring a large pan of water to the boil and cook the **broccoli** for 2 minutes. Drain and keep warm.
- Whisk the **tahini**, **lemon zest** and **juice**, **dijon mustard** and **olive oil** together until emulsified (alternatively place in a jar and shake). Season with **salt** and **pepper**. Transfer the warm broccoli to a plate and drizzle the lemon tahini dressing all over.

Makes: 1 portion

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

VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-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.



## MAINS

# BEEF KOFTA PITAS *with sumac yoghurt*

### What you need:



200g minced beef



40g feta cheese, crumbled



1 teaspoon cumin seeds



4 tablespoons full fat  
greek yoghurt



1 teaspoon sumac



2 pitta breads

+ 2 ½ tablespoons olive  
oil, salt and pepper

### How to make it:

- Preheat the oven to 200°C fan/220°C/435°F/Gas 6. Line a baking tray with baking parchment.
- Place the **minced beef**, **feta cheese**, **cumin seeds** and 1 tablespoon of **olive oil** into a bowl with a generous pinch of **salt** and **pepper**. Mix everything together. Divide into 6 and shape into an oval ball.
- Place a medium frying pan on a high heat and fry the koftas in the remaining olive oil for 5 minutes, until browned on all sides. Transfer to the prepared baking tray and place in the oven for 5 minutes.
- Mix the **yoghurt** with the **sumac** and season with salt and pepper. Toast the pitta breads. When ready, allow the koftas to rest for a few minutes and then assemble the pittas with koftas, sumac yoghurt and some greens if you have them. Garnish your plate with some arugula.

Makes: 2 portions

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

#### HOW TO MAKE IT VEGAN:

Change the minced beef for a vegan minced meat substitute; omit the feta cheese and add 1 ½ tablespoons of dijon mustard for flavour.

#### HOW TO MAKE IT VEGETARIAN:

Change the minced beef for a vegan minced meat substitute.

#### HOW TO MAKE IT DAIRY-FREE:

Omit the feta cheese and add 1 ½ tablespoons of dijon mustard for flavour. Use coconut, soy or almond yoghurt instead of full fat greek yoghurt.

#### HOW TO MAKE IT GLUTEN-FREE:

Go for a gluten-free pitta bread.



## MAINS

# TUNA POKE

### What you need:



100g/ ½ cup brown basmati rice



2 tuna fillets , 110g each, cut into 1cm dice



1½ tablespoons soy sauce or tamari



1 tablespoon chilli sauce such as sriracha, plus extra to garnish



140g/ 1 cup frozen edamame beans, defrosted



2 radishes, finely sliced

+ salt and pepper

Poke bowls are becoming increasingly popular – but did you know that the rice that is used can sometimes have sugar in it, and the sauce too? Always use plain rice, or make it at home.

### 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 to cool.
- Stir the **tuna** pieces, **soy sauce** and **sriracha** together in a bowl with some **pepper** and set aside to marinate while the rice cools.
- When ready to serve, divide the **rice** between two bowls, top with the **tuna**, **edamame beans** and **radishes**. Garnish with a little more chilli sauce/sriracha and serve. Optionally, sprinkle some cilantro on top.

Makes: 2 portions

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

GLUTEN-FREE IF USING TAMARI, DAIRY-FREE

#### HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the tuna, use 220g smoked tofu, diced into 1 cm (½ inch) cubes. Fry in 1 tablespoon of olive oil for about 5 minutes, or until golden. Use hot or cold and toss with soy sauce and chilli sauce.

#### HOW TO MAKE IT GLUTEN-FREE:

Use tamari sauce instead of soy sauce.



# GLORIOUSLY GREEN CASHEW PESTO PASTA

*What you need:*



50g /  $\frac{1}{3}$  cup cashew nuts



15g /  $\frac{1}{2}$  cup basil leaves



$\frac{1}{2}$  an avocado, stone and skin removed



Zest and juice of 1 lemon



1 teaspoon white miso



150g / 2 cups dried fusilli pasta

+ 2 tablespoons olive oil, salt and pepper

Pasta is made of starch, which turns to glucose when digested. Here, I've added fat and protein (from the avocado and nuts) to reduce the spike. To be extra good for your glucose, have this dish after a veggie starter.

*How to make it:*

- Place the **cashew nuts**, **basil leaves**, **avocado**, **lemon zest** and **juice**, **miso** and **olive oil** in a food processor with 3 tablespoons of water. Season with **salt** and **pepper** and blitz until smooth. Add a little more water if necessary.
- Bring a large saucepan of salted water to the boil and cook the **pasta** for 7-8 minutes, or until al-dente. When ready, drain and reserve a few tablespoons of the cooking water.
- Toss the **pasta** with the **pesto** and use the reserved cooking water to loosen the sauce. Perfection!

Makes: 2 portions

Prep time: 10 mins / Total cook time: 8 mins

VEGAN, VEGETARIAN, DAIRY-FREE

**HOW TO MAKE IT GLUTEN-FREE:**

Use gluten-free pasta or chickpea pasta instead of wheat pasta.

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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.



# GREEN OLIVE & CHEESE MUFFINS

## *What you need:*



45g / 2 ½ tablespoons full fat cream cheese



30g / ¼ cup ground almonds



4 eggs



½ teaspoon baking powder



50g / ½ cup grated cheddar cheese



50g / ½ cup pitted green olives, roughly chopped

The *best* snacks! Full of protein, they will keep you full for a long time and prevent cravings. These also work great for breakfast or for lunch boxes. Enjoy.

## *How to make it:*

- Preheat the oven to 180°C Fan/200°C/400°F/Gas mark 6 and place six silicone muffin moulds on a baking tray.
- Mix the **cream cheese, ground almonds, eggs** and **baking powder** together until smooth. Stir in the **cheddar cheese** and **green olives**. Season with **salt** and **pepper** and divide between the moulds.
- Bake in the preheated oven for 15 minutes. The muffins will keep for a couple of days in the fridge and can be eaten cold, or warm for a few seconds in the microwave.

**Makes:** 6 muffins

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

**VEGETARIAN, GLUTEN-FREE**

### **HOW TO MAKE A VEGAN ALTERNATIVE:**

Take three slices of apple and top with 1 tablespoon of nut butter. Finely chop 1 tablespoon of nuts, such as pistachio, hazelnuts or almonds. Sprinkle on top of the nut butter and season with a little sea salt.

### **HOW TO MAKE IT DAIRY-FREE:**

Use a plant based yoghurt instead of cream cheese and a plant based cheese instead of cheddar cheese.



SEE YOU  
IN AUGUST!