

2023

NOVEMBER



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SAVOURY BREAKFAST

Quinoa porridge with cinnamon, nut & coconut yoghurt

Super speedy croque monsieur

Green Goddess baked eggs

VEGGIE STARTERS

Chicory, goat's cheese, *pumpkin seeds, olive oil, ACV*

Cucumber with tarragon & *dikon dressing*

Baked hispi cabbage *with pecorino & capers*

ANYTIME MAIN DISHES

Piri-piri chicken traybake *with chickpeas*

Spaghetti vongole

Mushroom miso ramen

ANYTIME SNACK

Pea, pistachio & lentil falafel *with coriander coconut yoghurt*

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SAVOURY BREAKFASTS

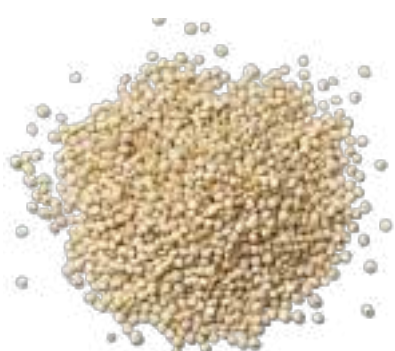
Your savoury breakfast should keep you satiated for 4 hours. If that's not the case, increase the amount of protein in the recipe.



QUINOA PORRIDGE

with cinnamon, nut & coconut yoghurt

What you need:



85g/ ½ cup quinoa (I use a mix of colours, but any will do)



1 cup full fat coconut milk



1 teaspoon cinnamon



½ teaspoon turmeric



1 heaped tablespoon coconut yoghurt



1 tablespoon nuts such as pistachio, walnuts or hazelnuts



Small handful of berries

A glucose-steady version of a bowl of cereal! It works great with frozen berries if you don't have any fresh ones on hand. You can also cook the quinoa the day before and assemble in the morning.

How to make it:

- Mix the **quinoa**, **coconut milk**, **cinnamon** and **turmeric** together in a small saucepan and add 60ml/ ¼ cup of **water**. Place on a low heat and simmer with the lid on for 15 minutes, stirring occasionally. If it becomes too thick, add a little water or more coconut milk. It is ready when most of the coconut milk has been absorbed and the quinoa has popped open but still retains a bite.
- Serve in a bowl and top with **coconut yoghurt**, **nuts** and **berries**.

Makes: 1 portion

Prep time: 3 mins / Total cook time: 15 mins

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



SUPER SPEEDY CROQUE MONSIEUR

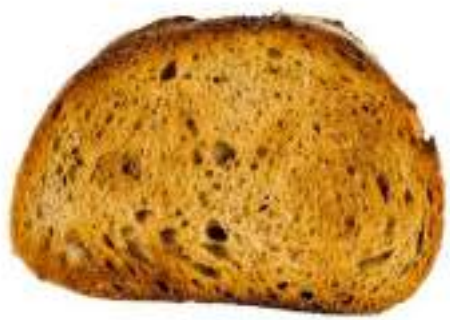
What you need:



3 tablespoons of soft ricotta cheese



1 tablespoon dijon mustard



2 slices of sourdough bread



80g gruyere cheese, grated



2-3 slices of good quality cooked ham

+ salt and pepper

No time? No problem. Skip making a laborious bechamel and use a super quick mix of ricotta and dijon mustard instead. This is indulgence at speed.

How to make it:

- Preheat the oven to 200°C Fan/220°C/425° F/Gas 7. Mix the **ricotta** with the **dijon mustard** and season with **salt** and **pepper**.
- Place one slice of **sourdough bread** on a baking tray lined with baking parchment. Spread half the ricotta mixture on top, follow with half the **gruyere cheese** and the **ham**. Place the other slice of **sourdough** on top and press down firmly.
- Spread the remaining ricotta mixture on top of the bread and finish with the cheese. Season with salt and pepper and bake in the oven for 5 minutes. Meanwhile, turn on the grill.
- Move the tray underneath the grill to finish cooking. It will take between 3 and 5 minutes for the cheese to turn golden and crisp. Keep a close eye as it can burn quickly.

Makes: 1 portion

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

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Use a plant based soft cheese and plant based cheddar cheese. Omit the ham and add 3-4 thin ribbons of courgette.

HOW TO MAKE IT DAIRY-FREE:

Use a plant based soft cheese and plant based cheddar cheese.

HOW TO MAKE IT GLUTEN-FREE:

Use a gluten-free bread.



GREEN GODDESS BAKED EGGS

What you need:



1 cup/25g kale, finely chopped



8 green beans/30g, finely chopped



3 pieces/40g tenderstem broccoli, finely chopped



25g cheddar cheese, grated



4 eggs



30g feta cheese, crumbled

+ salt and pepper

You can use whatever veggies you have on hand to pack these eggs with instead of the kale, beans, and broccoli.

How to make it:

- Preheat the oven to 180°C Fan/200°C/400° F/Gas 6 and line a small baking dish (around 5 inches wide and 8 inches long) with baking parchment.
- Place the **kale**, **green beans** and **broccoli** in a bowl with 1 teaspoon of water, cover with cling film and microwave for 2 minutes. When ready, drain off any excess water and allow to cool for a few minutes.
- Add the **cheddar cheese**, **eggs**, some **salt** and **pepper** and whisk together. Pour into the prepared dish and dot the **feta cheese** all over. Bake for 15 minutes, or until golden and set. Serve warm or cold. It will keep for two days in the fridge and makes a perfect mid day snack.

Makes: 2 portions

Prep time: 7 mins / Total cook time: 17 mins

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

HOW TO MAKE IT VEGAN:

Omit the eggs. Once microwaved, toss the kale, green beans and broccoli with 1 tablespoon of harissa. Transfer to the baking dish, and top with vegan feta cheese and vegan cheddar cheese. Bake in the oven for 10 minutes, or until the cheese is melted. Top with 2 tablespoons of roughly chopped nuts of your choice.

HOW TO MAKE IT DAIRY-FREE:

Use a plant based feta and cheddar cheese.

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VEGGIE STARTERS

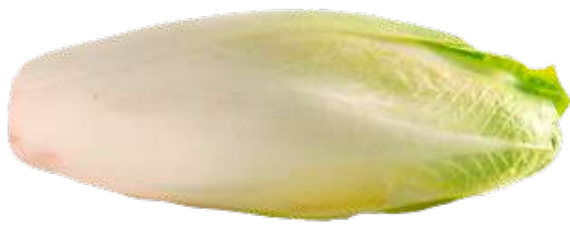
Add one of these veggie starters to the beginning of lunch or dinner. The fiber in the veggies will reduce the glucose spike of the rest of the meal.



CHICHORY, GOAT'S CHEESE, *pumpkin seeds, olive oil & ACV*

Counts as your vinegar hack too.

What you need:



1 head of chicory, root
trimmed and leaves
separated



70g soft goat's cheese,
sliced into circles or
crumbled



1 tablespoon pumpkin
seeds



1 tablespoon apple cider
vinegar

+ 1 tablespoon olive oil,
salt and pepper

Keep it simple with no cooking - but get clever with combining simple, delicious ingredients. Elegance on a plate.

How to make it:

- Assemble the **chicory leaves**, **goat's cheese** and **pumpkin seeds** on a plate. Drizzle the **apple cider vinegar** and **olive oil** all over and season with **salt** and **pepper**.

Makes: 1 portion
Prep time: 5 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:
Use a plant based cheese substitute.



CUCUMBER WITH TARRAGON & *dijon dressing*

Counts as your vinegar hack too.

What you need:



1 medium cucumber,
halved, seeds removed
and sliced



3 sprigs of tarragon, leaves
picked and roughly chopped



1 heaped teaspoon of dijon
mustard



1 tablespoon apple cider
vinegar

+ 1 tablespoon olive oil,
salt and pepper

This easy dijon dressing can be made into a big batch,
kept in the fridge, and used on any vegetable you like.

How to make it:

- Arrange the **cucumber** on a plate and scatter the **tarragon** all over.
- In a small bowl, mix the **dijon mustard**, **apple cider vinegar** and **olive oil** together until emulsified. Season and drizzle over the cucumber.

Makes: 1 portion
Prep time: 5 mins

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



BAKED HISPI CABBAGE

with pecorino & capers

What you need:



1 small head of hispi cabbage, outer leaves removed and sliced into 8 wedges



20g pecorino cheese, shaved or grated



1 teaspoon capers



Zest of 1 lemon

+ 2 tablespoons olive oil, salt and pepper

Pecorino, capers and lemon take this dish to another level- however, if you don't have these ingredients, don't worry. You can just make straight up baked cabbage. It's fantastic! And savoy or white cabbage will work just as well if you can't find hispi cabbage.

How to make it:

- Preheat the oven to 180°C Fan/200°C/400° F/Gas 6. Lay the **cabbage** onto a tray lined with baking parchment and drizzle the **olive oil** all over. Season and bake in the oven for 15 minutes.
- When ready, serve and top with **pecorino, capers** and **lemon zest**.

Makes: 1 portion

Prep time: 3 mins / Total cook time: 12 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Omit the pecorino and use a vegan parmesan cheese instead.

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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

PIRI-PIRI CHICKEN TRAYBAKE *with chickpeas*

What you need:

Everything you need in a meal, all on one tray.



3 tablespoons piri-piri seasoning



1 red pepper, seeds removed and sliced



1 red onion, peeled and cut into 8 wedges



2 chicken legs



1 (400g) tin of chickpeas, drained



small handful of green beans (50g roughly)

+ 3 tablespoons olive oil, salt and pepper

How to make it:

- Preheat the oven to 180°C Fan/200°C/400° F/Gas 6. Mix the **piri-piri seasoning** with the **olive oil**. Lay the **peppers** and **onions** onto a baking tray lined with baking parchment and drizzle 2 tablespoons of the piri-piri oil all over. Toss to coat and season with **salt** and **pepper**.
- Lay the **chicken legs** on top, drizzle the remaining **piri-piri oil** all over and place in the oven for 20 minutes.
- Remove the tray from the oven and add the **chickpeas**, stirring to coat them in the juices. Return to the oven for 10 minutes.
- Finally add the **green beans** to the tray and cook for 5 minutes more. Allow to cool a little and serve.

Makes: 2 portions

Prep time: 8 mins / Total cook time: 35 mins

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

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the chicken. Slice a 300g block of firm tofu in half and use it instead.



MAINS

SPAGHETTI VONGOLE

What you need:



200g dried spaghetti



2 shallots, peeled and finely chopped



1 garlic clove, peeled and finely chopped



400g fresh clams



60ml/ ¼ cup dry white wine



Small handful of parsley, roughly chopped

+ 2 ½ tablespoons olive oil, salt and pepper

You can use whatever kind of shellfish you find for this recipe inspired by the Italian classic.

How to make it:

- Bring a large saucepan of salted water to a boil and cook the **pasta** according to packet instructions. Drain when ready and keep warm.
- Place a large frying pan (one with a lid) on a medium heat and saute the **shallots** and **garlic** in the **olive oil** for 2-3 minutes, or until softened.
- Increase the heat to high, add the **clams** and **white wine**, place the lid on top and give the pan a good shake to mix everything together. Cook for 1 ½ - 2 minutes, or until all of the shells of the clams have popped open (discard any that don't).
- Add the pasta and **parsley** to the pan, mix everything together and season with **salt** and **pepper**.

Makes: 2 portions

Prep time: 8 mins / Total cook time: 15 mins

This recipe is **DAIRY-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the clams and use 150g of frozen peas instead. Most dried pasta is vegan but check to be on the safe side.

HOW TO MAKE IT GLUTEN-FREE:

Use a gluten-free pasta.



MAINS

MUSHROOM MISO RAMEN

What you need:



400g mushrooms, sliced



100g/ 4 cups shredded kale



1 ½ tablespoons of miso
(white or red)



700ml vegetable stock



200g cooked udon
noodles



1 tablespoon soy sauce

+ 1 ½ tablespoons olive oil,
salt and pepper

Packed full of umami flavour and ready in a matter of minutes - brilliant! Cooked udon noodles can be found in the oriental section of most big supermarkets. If you can't find them, buy the dried variety and cook according to packet instructions and simply add to the broth about 30 seconds before serving to make sure they are hot.

How to make it:

- In a medium saucepan on a medium heat, saute the **mushrooms** in the **olive oil** for 3-4 minutes. Do this with the lid on if possible, stirring from time to time. Add the **kale**, and cook for 1 minute more.
- Stir in the **miso** and **vegetable stock**. Add the **noodles**, bring to the boil and simmer for two minutes. Stir in the **soy sauce** and serve.

Makes: 2 portions

Prep time: 7 mins / Total cook time: 10 mins

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

HOW TO MAKE IT GLUTEN-FREE:

Use tamari in place of soy sauce. Use gluten-free noodles and cook according to packet instructions.

NOVEMBER 2023

ANYTIME SNACK

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



PEA, PISTACHIO & LENTIL FALAFEL

with coriander coconut yoghurt

What you need:



65g/ ½ cup pistachios



135g/ 1 cup frozen peas, defrosted



1 (400g) tin of lentils, drained



50g feta cheese



125g/ ½ cup coconut yoghurt



Small handful of roughly chopped coriander (about 2 tablespoons)

+ salt and pepper

This recipe makes six falafels, and I find two are enough for a midday snack. They keep for up to three days in the fridge, as does the coriander yoghurt, so you will be set up with snacks for the days to come.

How to make it:

- Preheat the oven to 180°C Fan/200°C/400° F/Gas 6. Place the **pistachios** in a food processor and pulse until finely chopped.
- Add the **peas, lentils, feta cheese** and some **salt** and **pepper**. Blitz until all the ingredients are finely chopped and the mixture comes together.
- Shape into 6 falafels and place on a baking tray lined with baking parchment. Bake in the oven for 20 minutes, and when ready, allow to cool before removing from the tray.
- Blitz the **coconut yoghurt** with the **coriander** until bright green. Season and serve alongside the falafel.

Makes: 6 falafels

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

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use a vegan feta cheese substitute.

SEE YOU
IN DECEMBER!

