

2023

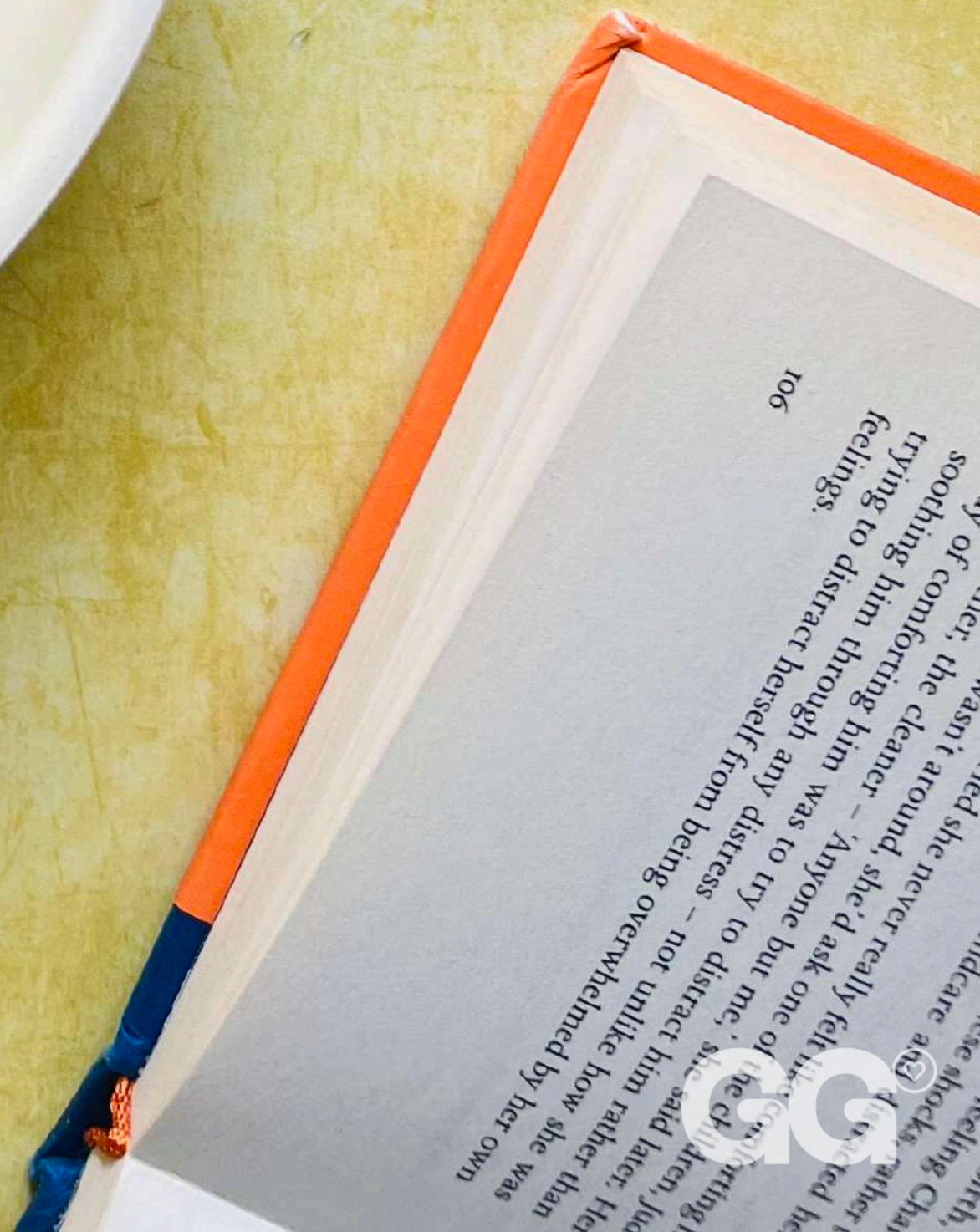
# OCTOBER



OCTOBER 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.



106  
... she never really felt the need to  
... the cleaner - Anyone but me, she said later. Her  
... to distract him through any distress - not unlike how she was  
... feelings.

# MEXICAN TOFU SCRAMBLE

## *What you need:*



½ block firm tofu, mashed with a fork into small crumbly pieces



1 green chilli, seeds removed and finely chopped



½ teaspoon turmeric



½ teaspoon garlic powder



40 ml unsweetened nut milk



10 cherry tomatoes, quartered

+ 1 tablespoon olive oil, salt and pepper

A vegan twist on scrambled eggs - but not just for vegans. It's a great alternative to scrambled eggs if you are egg-ed out, and can add more or less chilli, depending on how spicy you like it.

## *How to make it:*

- Heat the oil in a medium non-stick frying pan and saute the **tofu** and **chillies** for about 5 minutes, until the tofu is golden.
- Mix the **turmeric**, **garlic powder** and **unsweetened nut milk** in a bowl and add to the tofu. Simmer for about 1 minute, or until the milk has been mostly absorbed. Add the **tomatoes**, season with **salt** and **pepper** and serve in tortilla wraps, on toast, or with a side serving of mushrooms.

Makes: 1 portion

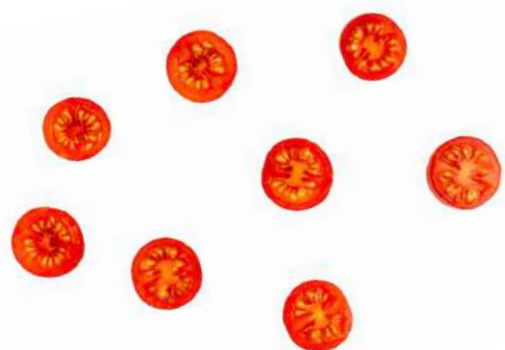
Prep time: 5 mins / Total cook time: 6 mins

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



# SASSY SAUSAGES

## *What you need:*



150g/ 1 cup cherry tomatoes



2 sausages



2 tablespoons parsley, roughly chopped



2 tablespoons blanched hazelnuts, roughly chopped



Zest of ¼ lemon

+ 1 tablespoon olive oil, salt and pepper

How great is it to know that an amazing savoury breakfast can also be super easy to make? Introducing Sassy Sausages - your daily morning dose of protein to keep you steady.

## *How to make it:*

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Place the **tomatoes** and **sausages** into a small roasting dish, drizzle the **olive oil** all over and season with **salt** and **pepper**. Place in the oven for 25 minutes.
- Mix the **parsley**, **hazelnuts** and **lemon zest** together.
- When the sausages are cooked, serve in the dish and scatter the parsley and hazelnut mixture all over.

Makes: 1 portion

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

This recipe is **DAIRY-FREE**

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

Use plant based sausages.

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

Make sure to use gluten-free sausages. Most sausages should be gluten-free but double check the label and make sure to use sausages that are.



# ROASTED RED PEPPER, MOZZARELLA, PARMA HAM

## *What you need:*



2 pieces of roasted red peppers from a jar (50g roughly) thinly sliced



½ ball of mozzarella, roughly torn



2 pieces of parma ham , roughly torn into pieces



A few leaves of basil (optional)

+ 1 tablespoon olive oil, salt and pepper

I will never get enough of breakfasts that don't need any cooking – just assembling. No time? No problem.

## *How to make it:*

- Arrange the **peppers**, **mozzarella** and **parma ham** on a plate. Dot the **basil** (if using) all over and drizzle with **olive oil**. Season with **salt** and **pepper**.

Makes: 1 portion  
Prep time: 5 mins

This recipe is **GLUTEN-FREE**

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

Use finely sliced smoked tofu in place of parma ham and add 2 tablespoons of chopped hazelnuts instead of mozzarella. Use 1 tablespoon of olive oil instead of 1 teaspoon and add a few extra leaves of basil.

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

Add 2 tablespoons of chopped hazelnuts in place of mozzarella.



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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.



# CHARGRILLED SPRING ONIONS, *roasted red peppers & basil dressing*

Counts as your vinegar hack too.

## What you need:



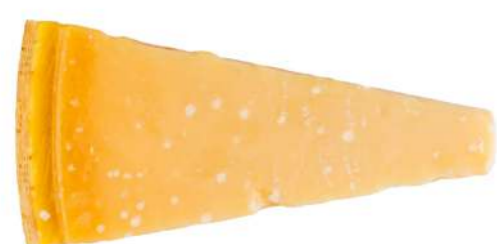
8 spring onions, trimmed at either end



2 pieces of roasted red pepper from a jar (roughly 50g)



3 sprigs of basil, leaves picked (about 20 leaves)



15g piece of parmesan, roughly chopped (can use a vegan alternative or omit completely)



1 tablespoon red wine vinegar

+ 2 ½ tablespoons olive oil, salt and pepper

I love when unexpected ingredients become the hero of the dish. Ever had spring onions cooked this way? If not, you have been missing out big time. To make this dish vegan, leave out the parmesan, or use a vegan alternative. Hazelnuts are a nice addition to the dressing too and can be added to the blender at the same time as everything else.

## How to make it:

- Place the **peppers, basil, parmesan, red wine vinegar** and 2 tablespoons of **olive oil** in a small food processor and blitz until smooth. Season with **salt** and **pepper**.
- Place a chargrill or large frying pan on a high heat and char the **spring onions** for about 5 minutes, turning all the time. Add the remaining olive oil and cook for 5 minutes more.
- Transfer the spring onions to a plate and drizzle half the dressing all over. The remaining dressing will keep for 3 days in the fridge and is delicious with any salad, spooned onto fried eggs, or spread on sourdough and topped with avocado.

Makes: 1 portion

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

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

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

Use a vegan parmesan cheese or omit the cheese completely.



# CUMIN CAULIFLOWER

## *turmeric yoghurt & coriander*

### *What you need:*



½ medium cauliflower, cut into florets



1 ½ teaspoons cumin powder



2 tablespoons full fat greek yoghurt (or coconut/soy yoghurt if vegan)



1 teaspoon ground turmeric



Small bunch of coriander, leaves picked

+ 1 ½ tablespoon olive oil, salt and pepper

If the cauliflower you are using has its beautiful green stalks attached still - use them. Roughly chop them and add to the baking tray at the same time as the cauliflower. They cook a little quicker so will need to be removed from the oven after 15 minutes of cooking.

### *How to make it:*

- Preheat the oven to 200°C fan/220°C/425°F/Gas 7. Mix the **cumin** and **olive oil** together in a bowl, add the **cauliflower** and toss until thoroughly coated. Lay on a baking tray, season and roast in the oven for 20-25 minutes, or until golden.
- Mix the **yoghurt** with the **turmeric**, season with **salt** and **pepper** and set aside.
- When the cauliflower is ready, serve on a plate, spoon the turmeric yoghurt all over and finish with **coriander**.

Makes: 1 portion

Prep time: 8 mins / Total cook time: 25 mins

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

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

Use a plant based yoghurt instead of greek yoghurt.



# COMFORTING CABBAGE

## *What you need:*



1 red or green chilli, sliced



1 small sweetheart cabbage  
(also known as Hispi  
cabbage) thinly sliced

+ 1 ½ tablespoon olive oil,  
salt and pepper

I find cooked cabbage so comforting. There is something about the softness of it that feels like a hug. Here, a hug with a chilli kick!

## *How to make it:*

- Heat the **olive oil** in a large frying pan that has a lid. Add the **chillies** and fry for 1 minute. Follow with the **cabbage**, add a few tablespoons of water, and cook with the lid on for about 2 minutes, stirring a few times. Season and serve.

Makes: 1 portion

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

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

OCTOBER 2023

**ANYTIME  
MAIN  
DISHES**

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





## MAINS

# MOREISH MOZZARELLA MEATBALLS

### *What you need:*



1 (400g) tin of chopped tomatoes



2 garlic cloves, peeled and roughly chopped



1 tablespoon balsamic vinegar (not the syrupy version)



250g minced beef



80g mozzarella, sliced into 8 1cm cubes



200g dried spaghetti

+ 2 ½ tablespoons olive oil, salt and pepper

### *How to make it:*

- Preheat the oven to 200°C Fan/220°C/425°F/Gas mark 7. Pour the tinned **tomatoes** into a small saucepan, add the **garlic**, 1 tablespoon of **olive oil** and simmer gently with the lid on for 7 minutes. When ready, blitz until smooth and stir in the **balsamic vinegar**.

- Place the **minced beef** in a bowl and season with **salt** and **pepper**. Use your hands to combine the mixture, until it is almost like a sticky paste. This is important to make the meatballs hold together. Shape into 8 equal sized balls.

- Place one of the balls into the palm of your hand and flatten. Lay a piece of **mozzarella** in the middle, and fold the meat all around it, pinching it together so that the cheese is fully encased. Roll into a tight ball and repeat with the remaining meatballs.

- Spread out onto a non-stick baking tray, drizzle 1 ½ tablespoons of **olive oil** and place in the oven for 15 minutes.

- Cook the **spaghetti** according to packet instructions. When the meatballs are ready, pour the tomato sauce into the baking tray - to mix it with all the cooking juices. Drain the pasta and add it to the tray, season with lots of pepper and serve in the middle of the table.

**Makes: 2 portions**

**Prep time: 15 mins / Total cook time: 25 mins**

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

Use a plant based meat substitute and a vegan mozzarella cheese if you can, otherwise leave it out and add 1 teaspoon of mixed herbs for flavour. Use a vegan pasta.

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

Omit the mozzarella and add 1 teaspoon of mixed herbs to the meat mixture for flavour.

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

Use a gluten-free pasta.



# PESTO BAKED ORZO

## *with salmon*

### *What you need:*



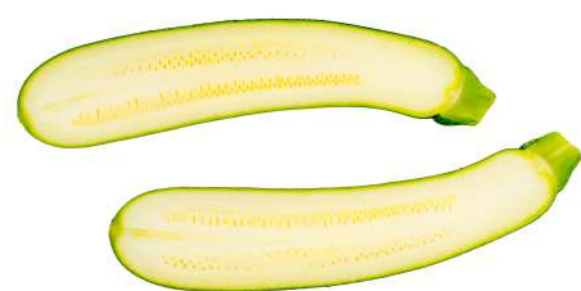
2 tablespoons basil pesto



700ml veg stock



185g/ 1 cup orzo



1 small courgette, finely sliced



2 roasted red peppers from a jar, sliced



2 salmon fillets, skin removed

+ 2 teaspoons olive oil, salt and pepper

A wonderful dish if you are cooking for multiple people and want an easy, no-fuss, but stunning main to serve.

### *How to make it:*

- Preheat the oven to 180°C Fan/200°C/400°F/Gas 6. Place the **pesto** and **veg stock** into a medium roasting dish and mix in the **orzo**. Cover with tin foil and bake for 15 minutes.
- Remove from the oven, stir in the **courgettes** and **peppers**. Lay the **salmon** on top, drizzle with **olive oil**, season with **salt** and **pepper** and return to the oven, uncovered for 12 minutes (10 minutes if you like your salmon pink). Optionally, add some lemon slices on top.

**Makes: 2 portions**

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

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

Use a vegan basil pesto. Omit the salmon and add 100g of artichokes and 25g finely sliced sundried tomatoes at the same time as the courgettes and peppers. Cook for 10 minutes instead of 12 and when ready, top with 2 tablespoons of chopped flaked almonds.

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

Use a vegan basil pesto.

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

Use short grain rice instead of orzo.



# *Knock your socks off* BLACK BEAN STEW

## *What you need:*



5 baby leeks or 1 medium leek, thinly sliced



1 (400g) tin of black beans, drained



600ml vegetable stock



1 1/2 tablespoons harissa



3/4 teaspoon paprika



100g spinach, roughly chopped



2 heaped tablespoons coconut yoghurt

+ 1 1/2 tablespoons olive oil, salt and pepper

Here's a little Glucose Goddess secret for you... main dishes make great savoury breakfasts, and vice-versa! This stew is perfect reheated in the morning with a fresh spoonful of harissa yoghurt.

## *How to make it:*

- Saute the **leeks** in a medium saucepan with the **olive oil** for 3 minutes, until softened.
- Add the **black beans, vegetable stock**, 1 tablespoon **harissa, paprika** and stir everything together. Simmer on a medium heat for 10 minutes until the stock has thickened a little.
- Stir in the **spinach** and give it 30 seconds to wilt.
- Mix the remaining **harissa** with the **coconut yoghurt** and serve a spoonful on top of the stew.

Makes: 2 portions

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

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

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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.





# RYE CRACKERS, PESTO, HARISSA, COTTAGE CHEESE

## *What you need:*



2 tablespoons cottage  
cheese



2 rye crackers (or any  
cracker of your choice)



2 teaspoons of pesto or  
harissa (or both)

+ salt and pepper

I have given the option here for both pesto and harissa because both are super delicious. Choose one, or mix it up with both if you have the ingredients!

## *How to make it:*

- Spread the **cottage cheese** onto the **crackers** and top with **pesto** or **harissa**. Season with **salt** and **pepper**.

Makes: 1 portion  
Prep time: 3 mins

This recipe is **VEGETARIAN**

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

Use a plant based soft cheese and either omit the pesto or use a vegan pesto.

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

Use gluten-free crackers.

SEE YOU  
IN NOVEMBER!

