

2023

# SEPTEMBER



SEPTEMBER 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.



# GOAT'S CHEESE WITH GRAPES

## *artistic toast*

### *What you need:*



50g soft white goats  
cheese, sliced or crumbled



2 slices rye bread, toasted



10 grapes, halved

+ olive oil, salt and pepper

Grab, assemble, and go – making a pretty picture on your toast and ticking all the savoury breakfast objectives: protein centric (from the cheese), nothing sweet except whole fruit (the grapes), and starches (the bread) can be there for taste. Yum!

### *How to make it:*

- Lay the **goat's cheese** on the toasted **rye bread** and top with **grapes**. Finish with a pinch of **salt** and **pepper** and a drizzle of **olive oil**.

Makes: 1 portion  
Prep time: 5 mins

This recipe is **VEGETARIAN**

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

Replace the goat's cheese with 50g vegan feta cheese or 2 tablespoons nut butter.

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

Go for a gluten-free bread, like buckwheat.



# BAKED EGG & MISO MUSHROOMS

## What you need:



1 ½ tablespoons white miso



1 tablespoon soy sauce



1 garlic clove, peeled and roughly chopped



200g mushrooms, a mix if possible and chopped if large



2 eggs

+ 1 tablespoon olive oil

Oh hi, it's just me sneaking some veggies into your morning! Veggies aren't necessary in a savoury breakfast, they are optional, but are a welcome addition that your body and your glucose will love.

## How to make it:

- Preheat the oven to 200°C fan/220°C/425°F/Gas 7. Mix the **miso**, **soy sauce**, **garlic** and **olive oil** together in a large bowl and toss with the **mushrooms** until thoroughly coated.
- Transfer to a small roasting dish and place in the oven for 10 minutes.
- Carefully remove the dish from the oven and stir the mushrooms. Make two spaces for the **eggs** and crack into the dish. Return to the oven for about 6-8 minutes, or until eggs are cooked through, but the yolks are still runny.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 18 mins

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

### HOW TO MAKE IT VEGAN:

Omit the eggs for 100g firm tofu, diced into 1cm cubes and add to the dish at the same time as the mushrooms. Bake for 15 minutes.

### HOW TO MAKE IT GLUTEN-FREE:

Use tamari sauce instead of soy sauce.



# BREAKFAST DAHL

## *of your dreams*

### *What you need:*



½ onion, peeled



2 inch piece of ginger,  
roughly chopped, (no need  
to peel)



1½ tablespoons garam  
masala



100g/ ½ cup red split  
lentils



1 tin (400g) of coconut  
milk



Large bunch of coriander,  
finely chopped

+ 2 tablespoons olive oil,  
salt and pepper

Lentils for your savoury breakfast are a good idea, as they are full of protein. And a warming flavour packed dahl is the perfect way to have them. This recipe can be fancied up depending on your preferences. I have used coconut milk here, but tinned tomatoes will work if you prefer. Before eating, you can add some chilli oil, herbs, or yoghurt on top. Try it - it's a winner.

### *How to make it:*

- Place the **onion** and **ginger** in a food processor and pulse until very finely chopped. Transfer to a medium saucepan with 2 tablespoons of **olive oil**. Saute on a medium heat for 3-4 minutes, stirring occasionally.
- Add the **garam masala** and **lentils**. Stir to heat through and then add the **coconut milk**. Refill the tin with **water** and add to the saucepan. Simmer for 20 minutes, or until the lentils are soft and the dahl has thickened. Season well with **salt** and **pepper**, stir in the **coriander** and get creative with some garnishes if the mood takes you! Optionally, add one or two tablespoons of yogurt on top.

Makes: 2 portions

Prep time: 7 mins / Total cook time: 25 mins

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



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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 PEPPERS

## *with blue cheese dressing*

Counts as your vinegar hack too.

### *What you need:*



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



25g blue cheese, such as stilton



2 tablespoons full fat Greek yoghurt



1 tablespoon milk



1 tablespoon apple cider vinegar

+ 1 tablespoon olive oil, salt and pepper

Peppers not only make a great veggie starter, but they are very good for our health because they pack a bunch of vitamins and antioxidants. I love roasting them like this and adding some vinegar on top. This recipe will reappear in your kitchen time and time again once you have tried it! And beware: the dressing is delightfully addictive.

### *How to make it:*

- Preheat the oven to 220°C fan/240°C/475°F/Gas 9. Place the **sliced peppers** on a baking tray and drizzle with **olive oil**. Season with **salt** and **pepper** and roast in the oven for 20 minutes.
- To make the dressing, whisk the **blue cheese**, **yoghurt** and **milk** together until smooth. Stir in the **apple cider vinegar** and season.
- When ready, spoon the dressing all over the peppers and serve. Garnish, optionally, with ground pepper and fresh parsley.

Makes: 1 portion

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

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

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

Use a vegan cheese alternative. You can find vegan blue cheese, but you could use vegan feta or vegan parmesan also. Use a plant based yoghurt alternative and a plant based milk.



# CAULIFLOWER CURLS

## *with capers, pistachios and rocket*

Counts as your vinegar hack too.

### *What you need:*



2 slices of cauliflower,  
2cm thick (cut through  
the stalk to keep intact)



1 tablespoon capers, roughly  
chopped



2 tablespoons pistachios,  
roughly chopped



1 tablespoon apple cider  
vinegar



Handful of rocket

+ 2 tablespoon olive oil,  
salt and pepper

You will notice that I add vinegar in many of my veggie starter recipes – it's because vinegar also helps reduce the glucose spike of a meal. So when I combine veggie starter plus a tablespoon of vinegar, that's two hacks in one!

### *How to make it:*

- Preheat the oven to 200°C fan/220°C/425°F/Gas 7 and line a baking tray with baking parchment.
- Lay the **cauliflower** onto the tray and drizzle 1 tablespoon of **olive oil** all over. Season and place in the oven for 20-25 minutes, or until the cauliflower is golden and charred around the edges.
- Meanwhile, mix the **capers, pistachios, apple cider vinegar** and remaining **olive oil** in a bowl and season.
- When the cauliflower is ready, serve on top of a handful of rocket and drizzle the pistachio-caper dressing all over. You can roast the remaining cauliflower pieces in the same way for some extra on the side.

Makes: 1 portion

Prep time: 10 mins / Total cook time: 25 mins

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



# *Easy-peasy* EDAMAME & AVOCADO BOWL

## *What you need:*



1 small avocado



Juice of ½ lime



150g/ 1 cup frozen  
edamame beans,  
defrosted



1 tablespoon soy sauce

+ salt and pepper

This veggie starter is for when I want something green, straightforward, and easy to eat with my fingers...

And here is a tip: to defrost edamame beans, simply pop them into a bowl and cover with boiling water. Leave to stand for a few minutes and then drain.

## *How to make it:*

- Cut the **avocado** in half, discard the stone and scoop out the flesh. Roughly chop and toss with the **lime juice**.
- Place on a plate with the **edamame beans**, drizzle the **soy sauce** all over and season with a small pinch of **salt** and **pepper**.

Makes: 1 portion  
Prep time: 5 mins

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

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

Use tamari sauce instead of soy sauce.

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**ANYTIME  
MAIN  
DISHES**

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





# CHILLI, GARLIC & GINGER CHICKEN

## *What you need:*



2 inch piece of ginger,  
roughly chopped, no need  
to peel



2 garlic cloves, peeled



2 tablespoons soy sauce



2 tablespoons sriracha (or  
other chilli sauce)



2 chicken breasts



200g tenderstem broccoli,  
steamed or boiled

+ salt and pepper

It's going to sound like I'm lying, but it's true: this chicken dish takes 10 minutes to prepare. 10 minutes. I promise. Try it!

## *How to make it:*

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6 . Place the **ginger, garlic, soy sauce** and **sriracha** in a food processor with 1 tablespoon of water and blitz until smooth.
- Place the **chicken** in a small roasting dish and cover with the sauce. Bake in the oven for 25 minutes. When ready, remove from the oven, slice the chicken into thin strips, serve with some **tenderstem broccoli** and spoon the sauce all over.

Makes: 2 portions

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

This recipe is **DAIRY-FREE**

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

Use seitan or extra firm tofu instead of chicken.

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

Use tamari sauce instead of soy sauce.



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## MAINS

# GINGER TOFU & CASHEW STIR FRY

### *What you need:*



200g firm tofu



60g/ ½ cup cashew nuts



5 spring onions, finely chopped



30g piece ginger, very finely sliced



2 tablespoons soy sauce



2 tablespoons oyster sauce (leave out to make this recipe vegan)



100g/ ½ cup basmati rice

+ 2 teaspoons sesame oil (or olive oil)

I served this stir fry after the Cauliflower Curls veggie starter from this month's veggie starter section, and it was a mega hit. Highly recommend.

### *How to make it:*

- Place the **tofu** between two sheets of kitchen roll and press tightly to squeeze out as much excess liquid as possible. Slice into 1 cm cubes and set aside.
- Place a wok or large frying pan on a high heat and toast the **cashew nuts** until golden. Set aside.
- Pour 1 teaspoon of **sesame** or **olive oil** into the pan and when hot, stir fry the tofu for 1 - 1 ½ minutes, or until slightly golden. Set aside with the cashew nuts.
- Heat the remaining oil and stir fry the **spring onions** and **ginger** for 30 seconds. Add the **soy sauce** and **oyster sauce** and fry for 30 seconds more. Remove from the heat, return the **tofu** and **cashew nuts** to the pan and toss to combine. Serve with rice.

Makes: 2 portions

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

This recipe is **DAIRY-FREE**

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

Omit the oyster sauce.

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

Use tamari sauce instead of soy sauce.



# GORGEOUS GREEN PIZZA

*with blue cheese, artichoke, hazelnuts*

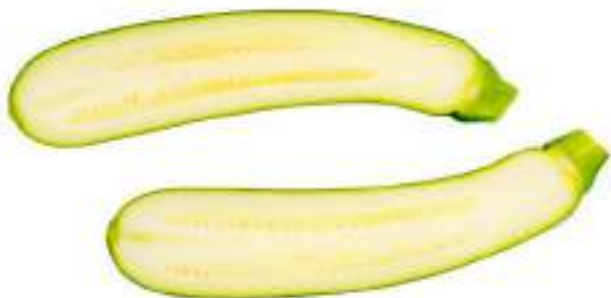
## What you need:



1 readymade sheet of puff pastry, cut into a 9 inch round circle



40g blue cheese, such as stilton, crumbled



3 baby courgettes (or 1 medium courgette), sliced into strips with a potato peeler



60g cooked artichoke hearts (from a jar)



2 tablespoons blanched hazelnuts, roughly chopped

+ 1 tablespoon olive oil, salt and pepper

## How to make it:

- Preheat the oven to 200°C fan/220°C/425°F/Gas 7 and line a baking tray with baking parchment.
- Lay the **puff pastry** onto the baking tray and scatter the **blue cheese** all over. Place the **courgettes** and **artichoke hearts** on top, drizzle half the **olive oil** over the pizza and brush the sides with the rest. Season with **salt** and **pepper** and cook for 10 minutes.
- When ready, transfer to a plate and scatter the **hazelnuts** all over.

Makes: 2 portions

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

This recipe is **VEGETARIAN**

### HOW TO MAKE IT VEGAN:

Use vegan puff pastry or a vegan pastry alternative and substitute the blue cheese for a plant based blue or soft cheese.

### HOW TO MAKE IT DAIRY-FREE:

Use a dairy-free pastry alternative and use tapenade or harissa instead of blue cheese.

### HOW TO MAKE IT GLUTEN-FREE:

Go for a gluten-free puff pastry or a gluten-free pastry alternative.

SEPTEMBER 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.





# SMASHED AVOCADO & DILL

## *with baby gem*

### *What you need:*



1 medium avocado



Juice of ½ lemon



5-6 sprigs of dill, finely chopped



1 baby gem lettuce, leaves separated

+ 1 teaspoon olive oil, salt and pepper

Avocado, dill and lemon are a combination of flavours that should be as well known as tomato, basil and mozzarella... a midday snack that you will love.

### *How to make it:*

- Cut the **avocado** in half, discard the stone and scoop out the flesh. Place in a bowl with the **lemon juice** and **olive oil** and roughly mash with a fork - leave it a little chunky for texture.
- Stir in the **dill** and season with **salt** and **pepper**. Serve in a bowl alongside the **baby gem**.

Makes: 1 portion  
Prep time: 5 mins

VEGAN, VEGETARIAN, DAIRY-FREE, GLUTEN-FREE

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

SEE YOU  
IN OCTOBER!

