

BREAKFAST

A good breakfast will set you up for the day, however it's all too easy to overdo refined carbs at breakfast time. This selection of recipes switches out sugars, refined carbs and bad fats adding more nutritious foods which will also sustain you through the day and help prevent bloating.

Luxury Muesli

Shop bought cereals are sugar laden and expensive. It's easy to make your own healthy version which can be stored in an airtight container for up to a couple of months and made using your favourite combinations. Dried fruit will still be high in sugars and watch out as some such as cranberries are often further sweetened. A homemade high quality 'luxury' muesli will probably cost similar to a basic shop bought brand full of cheap ingredients such as wheat flakes, oats and sugar.



Ingredients (for approximately 10 portions):

200g jumbo porridge oats
 100g grains - rye flakes / quinoa flakes / barley flakes / buckwheat grouts / puffed brown rice
 100g dried fruit - sultanas / currants/ raisins / chopped dried apricots / gogi berries / cranberries
 75g chopped nuts – brazil / pecan / walnuts / flaked almonds
 75g seeds – pumpkin / sunflower / linseed / chia

Instructions:

1. Mix all the ingredients together and store in an airtight container, where it will keep for about 2 months.
2. Try taking a small portion of muesli and topping with fresh fruit and natural yoghurt for an extra nutritious start to the day.

Granola

Like muesli shop bought granola is usually full of sugar and also fats as it's toasted with oils to get that crunchy texture. This home made version tastes delicious and is much lower in sugar and fat, just a little to achieve that lovely nutty crunch.



Ingredients:

300g rolled oats
 100g mixed pumpkin and sunflower seeds
 100g chopped pecans or nuts of your choice
 2 tsp cinnamon
 4tbs melted coconut oil
 2tbsp maple syrup
 30g coconut chips
 50g raisins

Instructions:

1. Mix together all ingredients except the raisins and coconut chips
2. Place on a baking tray and cook at 180 degrees for 15 minutes
3. Add the coconut chips and raisins, mix again and place back in the oven for the final 5 minutes.

Fruit Porridge Bars

I have never been able to stomach porridge, it's just not for me. However, in the quest to find portable healthy, nourishing and filling breakfasts particularly for when we travel to events as a family I came across these delicious fruit porridge bars. They really do the trick, save a fortune in service station breakfasts when travelling and even I like them!

Ingredients:

180 grams rolled oats
 45g dessicated coconut
 1 tsp ground cinnamon
 1 tsp ground ginger
 1 tsp baking powder
 250g frozen fruit (blueberries or raspberries work really well)
 3 eggs
 440ml milk
 4 tbsp honey
 2 tbsp melted butter
 Handful of nuts or seeds if you wish

Instructions:

1. Preheat oven to 180 C.
2. In a large bowl mix the oats, coconut, cinnamon, ginger and baking powder.
3. In a separate bowl, whisk together the eggs, milk, honey and melted butter.
4. Lightly grease a 24cm square baking dish. Spread half of the oat mixture across the base. Add half the fruit in a layer on top, followed by the rest of the oat mixture (+ nuts or seeds) and top with the remaining fruit.
5. Pour over the liquid, allowing it to sink in across the whole tin. Then place in the oven and bake for approx 45 minutes. (The centre of the porridge should feel firm and look golden brown).
6. Cool completely before cutting into slices. Store in the fridge for up to 5 days or freeze.

Berry Smoothie Breakfast Bowl



Ingredients:

A handful of spinach
 1 banana
 50g frozen mixed berries
 A dollop of natural full fat organic yogurt
 A splash of milk to create your preferred consistency of smoothie

Instructions:

Place all the ingredients in a nutribullet or high power blender. Mix until a smooth consistency is achieved. Pour into a bowl and add your favourite fresh fruits, nuts and seeds.

Avocado or Scrambled Egg on Toast



While it's a good idea to avoid too many toast based breakfasts, adding some protein or healthy fats are a good way to help satiate and keep you fuller for longer.

Toast a piece of your favourite healthy bread. My preferred choice is Vogel Seeded Wholemeal Bread which has a high fibre and protein content. Top with slices of avocado or scrambled eggs and some halved cherry tomatoes.

Warm Hot Chocolate Smoothie

Smoothies can quickly pack in added nutrients to our diets and while I find them easy to prepare and eat in the summer, I used to find it difficult to get inspired in the winter. Realising I was struggling to find a replacement I started to look at options for winter warming smoothies and these are our family favourites.

Ingredients (per serving):

15 g dark chocolate - chopped
 200 ml unsweetened almond milk
 20 g rolled oats
 ½ a ripe medium-sized banana
 6 almonds
 5 g chia seeds
 20 ml cold water

Instructions:

1. Add the dark chocolate to a pan and pour in the almond milk. Warm over a medium heat until the chocolate has melted.
2. Add the oats, banana, almonds, chia seeds, the water and approx. a fifth of the almond milk to your smoothie maker or blender. Add in an extra splash of cold water if you think the liquid is too warm. (Check the instructions for hot liquids)
3. Blend on high for a minute until the oats and chia seeds have been completely incorporated.
4. Whilst it's blending, further heat the rest of the almond/chocolate mix until hot, but not boiling.
5. Pour the blended oat mix into your cup, stir in the almond/chocolate mix and serve.

Waffles

Another of my attempts to take a family favourite and use less refined ingredients to increase the nutritional benefits. These are absolutely delicious!



Ingredients (Makes 8 Waffles):

200g oat flour
 3 tbs coconut sugar
 2 tbs cornflour
 2 tsp baking powder
 ½ tsp cinnamon
 3 large eggs
 240ml milk of your choice
 8tbsp coconut oil, melted (you could use melted butter)
 2 medium ripe bananas, mashed

Instructions:

1. Combine the oat flour, sugar, cornflour, baking powder and cinnamon.
2. In a medium mixing bowl, whisk the eggs. Then add the milk, coconut oil and mashed banana. Whisk until thoroughly blended.
3. Pour the liquid mixture into the dry mixture. Stir spoon until combined and then leave for around 10 minutes to allow the oat flour to absorb some of the liquid. Meanwhile your waffle iron.
4. After 10 minutes is up stir once more (the batters should be thick consistency) Pour batter onto the heated waffle plate and close the lid.
5. Leave until the steam has reduced (this takes about 6 minutes in my waffle maker). The waffle should be deeply golden and crisp; transfer it to a cooling rack or baking sheet but avoid stacking as they become a bit soft.
6. Waffles can be kept warm by placing them in a 200 degree oven until you're ready to serve. Repeat with remaining batter and serve with desired toppings.



BOOST Recipes

Wholewheat Pancakes

Regular pancakes made from refined white flour quickly send me on a blood sugar rollercoaster and I often feel boated after eating them. This is an alternative made with whole wheat flour.

Ingredients:

240ml of milk of choice
1 tbs apple cider vinegar
130g whole wheat flour
1 ½ tsp baking powder
¼ teaspoon ground cinnamon
1 egg
30g butter, melted
2 tbs maple syrup or honey

Toppings – try sliced banana with a tablespoon of almond butter; or mixed berries with a dollop of natural full fat organic yogurt and a sprinkling of seeds.

Instructions:

1. Create a home made "buttermilk" by combining the milk and vinegar. All to rest for at least 5 minutes until it is lightly curdled.
2. Mix together the flour, baking powder and cinnamon in a medium sized bowl.
3. Add the egg, melted butter and maple syrup to the buttermilk. Whisk until thoroughly blended.
4. Pour the liquid mixture into the flour mixture and stir until combined.
5. Heat a heavy cast iron skillet or nonstick pancake pan over medium-low heat. The pan needs to be quite hot before you start cooking. Melt a small knob of butter so it sizzles and coats the pan then ladle some of the mixture into the pan.
6. Cook for about 2 -3 minutes until small bubbles form on the surface of the pancakes. Flip and cook until lightly golden on both sides, 1 to 2 minutes more.
7. Repeat the process with the remaining batter, adding more butter and adjusting the heat as necessary.

The Perfect Poached Eggs

Eggs are one of my breakfast staples, full of protein and healthy fats they are quick and easy to cook and a great 'sugar free' way to start the day!

After years of trying different gadgets to poach my eggs, scraping plastic poaching pods and eating solidified yolks I found the perfect technique, a soft, silky yolk every time.

1. Take a small saucepan and half fill with water. Bring to the boil then reduce so it is just below a simmer (no bubbles). Add a teaspoon of white wine vinegar.
2. Cooking no more than two eggs at a time, break each egg into a cup then into the hot water. Remember which went in first. Set the timer for 2 minutes and 40 seconds. As soon as the timer goes use a slotted spoon to remove the eggs starting with the one which went in first.
3. Place on a piece of kitchen roll to remove water.
4. Serve as you wish but my favourite is a chopped sauteed field mushroom cooked with cherry tomatoes and with a handful of spinach added for the last minute of cooking. A slice of smoked salmon on the side adds extra healthy omega 3 fats.

The Perfect Omelette

Another of my go to breakfasts is the perfect light and fluffy omelette filled with plenty of veggies for extra nourishment.

Choose your preferred filling. Mine is chopped field mushrooms and red pepper, halved cherry tomatoes and spinach with some chopped lean bacon and grated cheese.



1. Heat the grill to medium while you prepare your omelette.
2. Heat a little oil in a good quality non stick omelette pan over a medium heat, add the chopped bacon and fry for a minute. Add the mushrooms and pepper and cook for about 5 minutes until soft.
3. Meanwhile whisk 3 eggs in a bowl until aerated, this is really important to get that fluffy texture to your omelette. Add in the spinach, stir for about 10 seconds then pour over the recently whisked eggs. Leave to start to cook, until the egg starts to set around the edges but there is still 'wobble'. Sprinkle the cheese over the top and transfer the pan under the grill to for a few minutes to finish the cooking. The omelette should be set, golden brown and bubbling.

QUICK LUNCHES MADE HEALTHIER

Sandwiches

The grab and go sandwich is often high in carbs and low in nutrients but so convenient that its very likely to be a regular lunch choice.

There are a number of ways to make a healthier meal from your sandwich:-

- Choose healthier bread options, 'wholegrain' / sourdough and cut thin slices or use to make an open sandwich (one slice);
- Choose a pitta or wrap, although they are made from more refined carbs you tend to eat less volume of bread;
- Whatever bread you choose fill generously with a nutritious filling combining protein and veggies, see below for ideas;
- Add some green salad or rocket and home made sweet potato fries on the side.

Filling ideas:-

- Tuna mixed with chopped cucumber, tomatoes and capers with a drizzle of balsamic vinegar
- Chicken topped with a little pesto and rocket
- Home made hummus (its so easy) and cucumber
- Avocado and lean bacon
- Roasted veggies and goats cheese
- Prawns with chopped peppers



BOOST Recipes

Jacket Potatoes

Jacket Potatoes are a go to quick and easy lunch choice but are very heavy in carbs and high on the GI scale. Here are some ideas to make jacket potatoes a healthier choice.

First up switch your regular potato for a Jacket Sweet Potato. Despite the name 'sweet' sweet potatoes are actually have a lower GI than the regular variety. Here is a delicious recipe for a Sweet Potato loaded with Feta and Kale.

Loaded Sweet Potatoes with Feta and Kale

Ingredients (Serves 2):

2 small sweet potatoes, washed and pricked with a fork
1 x 200g can chick peas, rinsed and drained
30g feta cheese, cut into small chunks
100g kale, leaves removed from stalks and shredded
1 tbsp olive oil
Chilli flakes
Handful Rocket
1 tbsp pumpkin seeds

Instructions:

1. Heat oven to 200C/180C fan/gas 6. Place sweet potatoes on a baking sheet and roast for 40 mins. Add the chickpeas to the sheet, then roast for 10 mins more. The potatoes should be really soft and the chickpeas a little crispy.
2. Meanwhile, marinate the feta with the oil and chilli flakes according to taste.
3. When the potatoes are nearly cooked, place the kale in a pan with 50ml water for 3 mins until wilted, then season to taste.
4. Cut the potatoes in half and top each with the kale, chickpeas, marinated feta and pumpkin seeds. Serve with the rocket.

Other ideas for fillings either for regular Jacket Potatoes or Sweet Potatoes include:

- A tin of tuna mixed with 1 tsp olive oil, a dribble of apple cider vinegar, finely chopped cucumber, cherry tomatoes a few capers and sliced olives;
- Leftover chicken with leeks. Chop a leek and sauté in a little butter until really soft and cooked through. Add a portion of cooked chicken a couple of tablespoons of crème fraiche and a tsp of whole grain mustard;
- Left over veggie chilli or meat chilli from dinner the night before;
- Left over roasted vegetables from the night before sprinkled with some grated cheese;
- Bacon, salmon and cottage cheese – crumble a cooked slice of bacon into some cottage cheese and add some flakes of smoked salmon and chopped fresh herbs;
- Home made baked beans (see below)

Home Made Baked Beans

Tinned baked beans contain quite a lot of sugar so try making your own!

Ingredients:

1 tbsp vegetable oil
 ½ small onion, diced
 1 garlic clove, peeled and finely chopped
 1 tin chopped tomatoes
 1 tsp smoked paprika
 2 tsp red wine vinegar
 1 tin cannellini beans drained and rinsed
 ½ tsp mixed herbs (optional)
 Salt and pepper to taste

Instructions:

1. Heat the oil in a small saucepan and add the onion and garlic, frying until soft.
2. Add the tomatoes, paprika, vinegar, beans, and herbs and stir. Season to taste.
3. Bring to a simmer then cook for 10-15 mins or until it thickens.

VEGETARIAN

Minestrone Soup

Another of my go to breakfasts is the perfect light and fluffy omelette filled with plenty of veggies for extra nourishment.



Ingredients (6 portions):

1 ¾ litres of vegetable stock or water
 200g orzo pasta
 2 sticks celery, finely sliced
 2 carrots, peeled and finely diced
 1 onion, finely chopped
 1 clove garlic, crushed
 2 potatoes, peeled and cubed
 230g butternut squash, cut into cubes
 6 large leaves of kale, chopped (stalks removed)
 1 x 400g tin cannellini beans

Instructions:

1. Add a little olive oil to a large saucepan. Add the onion, carrot, celery and garlic and sauté for about 5 minutes until the onion is soft and starting to brown.
2. Add in the vegetable stock / water, butternut squash and potato. Bring the mixture to a boil then reduce to a gentle simmer and cook for 10 minutes.
3. Add the orzo pasta and cook for another 5 minutes. For the last minute of cooking add the kale and the beans, and cook until the kale has wilted into the soup.
4. Season with salt and pepper to taste.

Sweet Potato and Lentil Soup



Ingredients:

200g red lentils (measured uncooked)
 500 g sweet potato, peeled and cut into chunks
 500 g cauliflower, cut into chunks
 1 onion, peeled and finely chopped
 1 clove garlic
 1 thumb size piece ginger, finely chopped
 1 1/4 litre vegetable stock / water
 2 tsp ground cumin
 1 tsp ground coriander
 1 tsp ground turmeric

Instructions:

1. Preheat oven to 180C and line a large baking tray with baking paper. Place sweet potato on tray and drizzle with olive oil. Roast for about 15 minutes, then add the cauliflower (with a drizzle of olive oil) to the tray, and return everything to the oven for another 30 minutes, or until all of the veggies are soft and browning at the edges.
2. While the vegetables are roasting add a little olive oil to a large saucepan and fry the onion, garlic and ginger for about 2 minutes. Add in the lentils and 750ml of the fluid. Bring to the boil, and then gently simmer for approximately 15 minutes or until the lentils are soft.
3. Once the roasted vegetables and the lentils are done, combine them in the saucepan; add in the remaining spices and the remaining 500mL of fluid. Blend to a smooth soup and add seasoning to taste.

Vegetable Frittata

A great way to add veggies to your lunch and use up whatever left overs are in your fridge.

Ingredients (Serves 3):

6 large free range eggs
 60 ml milk of your choice
 1 red pepper, chopped
 ½ red onion, finely chopped
 2 handfuls baby spinach, washed
 Selection of chopped vegetables approx. 300g (broccoli, peas, asparagus, mushrooms, cauliflower)
 2 tbsp pesto
 40g grated cheddar cheese

Instructions:

1. Preheat the oven to 160C and prepare a shallow baking dish by lightly oiling (23cm diam).
2. Fry the onion and pepper until slightly softened (approx. 8 minutes). Add the pesto and chopped veggies and mix until all coated in pesto. Add the spinach and allow to wilt. Place into the prepared dish and sprinkle with grated cheese.
3. Meanwhile whisk the eggs with the milk and pour over the veggie mix.
4. Place in the oven and cook for approximately 30 -40 minutes. The top of the frittata should be golden in colour and if you shake the dish the mixture should be set.
5. Your frittata could be served warm or keep in the fridge for up to 5 days and serve cold.



BOOST Recipes

Carrot and Corriander Soup

This is so easy to prepare and can be done while dinner is cooking, ready for lunch the next day.

Ingredients (Serves 4):

6 large carrots, peeled and roughly chopped
1 onion, roughly chopped
1.2litres vegetable stock / water
large bunch fresh coriander, roughly chopped

Instructions:

1. Saute the carrots and onion in a little oil for a few minutes until the onion has softened
2. Pour in the vegetable stock/ water and bring to the boil. Cook for around 15 minutes until the carrots are tender.
3. Add the fresh coriander and seasoning, stir through and remove from heat.
4. Puree the soup until smooth, using a hand blender or food processor.

Quinoa and Vegetable Soup

Ingredients (4 to 6 portions):

1 onion, chopped
3 carrots, peeled and chopped
2 celery stalks, sliced
300g chopped seasonal vegetables, (peppers, squash, parsnips, leeks, swede)
1 garlic cloves, crushed
½ tsp thyme
2 x 400g tins chopped tomatoes
180g quinoa, rinsed well in a fine mesh colander
1.5 litre vegetable stock / water
2 bay leaves
¼ tsp chilli flakes (depending on how hot you like it)
1 x 400g tin cannellini beans, rinsed and drained
6 large leaves kale, stems removed and chopped
2 teaspoons lemon juice, to taste

Instructions:

1. Add a little olive oil to a large pan, add the chopped onion, carrot, celery, seasonal vegetables and a pinch of salt. Cook, stirring often, until the onion has softened, about 8 minutes.
2. Add the garlic and thyme and stir frequently, about 1 minute. Pour in the chopped tomatoes and continue to cook.
3. Add the quinoa, liquid, 2 bay leaves and chilli flakes. Bring to the boil, then partially cover and reduce heat to maintain a gentle simmer.
4. Cook for 25 minutes, then remove the lid and add the beans and the chopped greens. Continue simmering for 5 minutes or more, until the greens have softened.
5. Remove from heat and stir in 1 teaspoon lemon juice. Season according to taste and remove bay leaves.



BOOST Recipes

Lentil Stew

Another recipe which is really quick to make using whatever vegetables are lying around in the fridge and can be prepped and cooked while making your evening meal.

Ingredients (Serves 4):

1 onion, chopped
1 clove garlic, crushed
100g mushrooms
200g carrots, chopped
2 x stick celery, sliced
1 leek, chopped
100g split red lentils
200g sweet potato, peeled and cubed
800ml vegetable stock / water

Instructions:

1. Saute the onion and garlic in a little oil until softened. Add carrots, celery, mushrooms and leeks and continue to cook on medium heat for 5 more minutes, or until soft. Add lentils, sweet potato and vegetable stock / water.
2. Bring to the boil, lower the heat and cover. Let it simmer for 20 minutes. Serve.

Mixed Bean Chilli

Ingredients (Serves 4):

1 onion, diced
1 garlic clove, crushed
1 red pepper, diced
1 green pepper, diced
1 tsp ground coriander
1 tsp chilli powder
1 1/2 tbsp tomato puree
1 tsp ground cumin
1/2 teaspoon paprika
1 x 400g tin chopped tomatoes
1 x 400g tin mixed beans
300ml vegetable stock
1 bay leaf

Instructions:

1. Heat the oil in a large saucepan. Add the onion, garlic, red and green peppers, coriander and chilli powder, and fry for approximately 5 minutes or until soft, stirring occasionally.
2. Stir in the tomato puree, cumin and paprika, and heat through. Add the tomatoes, beans, stock and bay leaf. Season with salt and pepper.
3. Increase the heat and bring to the boil. Then reduce heat, cover and simmer gently for 30 minutes.
4. Serve with rice, sweet potato chips or jacket potato and salad.



BOOST Recipes

Butternut and White Bean Stew

Ingredients (Serves 4):

- 2 red onions, finely chopped
- 1 clove garlic, crushed
- 2 tbsp miso paste
- 1 butternut squash, chopped into 2cm cubes, skin can stay on
- 2 x 400g tins cannellini beans
- 2 x 400g tins butter beans
- 1litre water or vegetable stock

Instructions:

1. Cook the onions and garlic in a little oil until soft.
2. Add the butternut squash and mix in the miso paste. Add a quarter of the liquid and bring to a simmer for 15 minutes.
3. Add the beans and a further 500ml of liquid. Simmer for a further 15 minutes. Towards the end of the cooking time you can add seasoning and more liquid depending on the preferred consistency of your stew.

Moroccan Vegetable One Pot

Ingredients (Serves 4):

- 2 red onions, finely chopped
- 1 clove garlic, crushed
- 800g passata
- 12 dried apricots, cut into quarters
- 1tsp cinnamon
- 1tsp cumin
- 2 x 400g tins chick peas
- 2 large carrots, peeled and cut into chunks
- 1 aubergine, cut into chunks
- 2 large red peppers, cut into chunks

Instructions:

1. Cook the onions and garlic in a little oil until soft. Add the passata, apricots and spices and simmer for 10 minutes.
2. Add chickpeas, carrots, aubergine and peppers and simmer for 20 - 25 minutes, until the vegetables are soft and the sauce thickened. Season and serve.

Delicious with herby couscous

Pasta Puttanesca

Ingredients: (Serves 4)

- 75g dried pasta per person

Sauce Ingredients:

- 2 x 400g tin good quality chopped tomatoes
- 2 x clove garlic, crushed
- 2 x 90g tin anchovies, chopped

240g olives, sliced
 3 tbsp capers
 Pinch chilli flakes
 Chopped fresh or dried parsley

Instructions:

1. Bring a pan of water to the boil.
2. Meanwhile, fry the garlic in a little of the oil from the anchovies, just for one minute then add the tinned tomatoes. Add the remaining ingredients for the sauce. Simmer for approximately 5 – 10 minutes while the pasta cooks (follow the instructions on the packet).
3. Stir through fresh parsley before serving.

Stuffed Butternut Squash



Ingredients:

2 small butternut squash (about 500g each), halved lengthways and deseeded, flesh scored with a knife
 3 tbsp olive oil
 1 leek, trimmed and thinly sliced
 1 garlic clove, crushed
 150g chestnut mushrooms, sliced
 1 tbsp white wine vinegar or cider vinegar
 15g fresh flat-leaf parsley, chopped
 250g pack mixed grains
 500g cherry tomatoes

Instructions:

1. Preheat the oven to 190C, fan 170C. Put the squash on a baking tray and drizzle the flesh with some olive oil. Season with salt and pepper and roast for approximately 30-35 mins until softened.
2. Meanwhile, heat a little oil in a frying pan over a medium heat. Add the leek and garlic, then cook for 3 mins, stirring occasionally. Add the mushrooms and cook for 3 mins until golden. Stir in the vinegar and parsley, remove from the heat and season to taste.
3. Heat the grain mix to pack instructions, then mix with the veg in the pan. Remove the squash from the oven and carefully scoop out most of the flesh, leaving a 1cm border. Chop the flesh and stir into the veg and grain mix. Use to fill the squash, then drizzle with 1 tbsp oil. Put the tomatoes next to the squash on the tray and roast for 15-20 mins until the squash is tender.

Tip: Try using any cooked grain or pulse to stuff the squash (e.g quinoa, rice and couscous would work well here too). Mix up the filling with your favourite veg.

Winter Roasted Vegetable Salad

Another recipe where you can really use up any leftover vegetables lurking in your fridge. Roasting is a great way to get loads of flavour into vegetables and this dish is a lovely filling winter warmer.

Ingredients (Serves 4):

Vegetables:

2 small red onions, roughly chopped
 1 medium butternut squash, roughly chopped
 12 baby potatoes, cut in half
 2 large carrots, roughly chopped
 1 x large broccoli head, cut into small florettes



BOOST Recipes

Salad ingredients:

- 1 small bag of watercress and rocket salad
- 1 tbsp Olive Oil
- 2 tbsp Balsamic Vinegar
- 2 tbsp fresh herbs, chopped
- 30g feta cheese

Instructions:

1. Preheat an oven to 200C 190C Fan
2. Place all the vegetables in a roasting tin; drizzle with olive oil and season with salt and pepper. Place in the oven for 35-40 minutes until soft;
3. Make the salad dressing by mixing together the olive oil, balsamic, salt, pepper and herbs.
4. Once cooked, remove the vegetables from the oven. Serve the salad topped with roasted vegetables. Drizzle over the dressing and crumble some feta on the top.

Lentil and Cauliflower Dahl

Ingredients:

- 2 tbsp olive or coconut oil
- 1 medium onion, chopped finely
- 2 tbsp minced fresh ginger
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground turmeric (or 2 tsp fresh grated)
- ½ tsp garam masala (or ground coriander)
- 1 tsp sea salt
- 500ml water
- 300g red lentils
- 1 – 14 oz. can coconut milk
- 1 medium head cauliflower, cut into 1 inch florets
- ½ bunch fresh cilantro, chopped

Instructions:

1. In a large skillet, heat the oil over medium high heat for 1 minute.
2. Add the onions and cook for 5 – 6 minutes, stirring frequently until the onions are golden brown.
3. Add the ginger, garlic, cumin, turmeric, garam masala and salt.
4. Cook for another 1 minute, stirring constantly so the spices don't burn.
5. Add the lentils, cauliflower, water and coconut milk.
6. Stir to combine.
7. Increase the heat and bring the mixture to a boil.
8. Reduce heat to a simmer and cover with a lid.
9. Let cook for 15 -20 minutes until the lentils and cauliflower are tender.
10. Divide mixture among 6 bowls and top with fresh, chopped cilantro.



BOOST Recipes

Lentil Bolognese

Ingredients (Serves 4):

1 tbsp olive oil
3 shallots diced
1 medium carrot peeled and diced
3 garlic cloves crushed
6 mushrooms diced
100 g dried red lentils
400 g canned cherry tomatoes
2 tbsp tomato purée
2 tbsp balsamic vinegar
1 tbsp dried basil
400 ml vegetable stock

Instructions:

1. Put a little oil in a large pan and add the onion, garlic, carrot and mushrooms and gently sweat for 12 minutes.
2. Add the dried lentils, canned tomatoes, basil, tomato purée, stock and balsamic and stir. Simmer for 20 minutes.

VEGETABLE ACCOMPANIMENTS

Cabbage with Bacon and Root Veg

Ingredients (Serves 6):

100g bacon, chopped
1 clove garlic, crushed
Sprigs of thyme
1 parsnip, cut into 2cm cubes
2 carrots, cut into 2cm cubes
1 savoy cabbage, shredded
125ml white wine

Instructions:

1. Fry the bacon in some butter and cook for 5 mins until golden. Add the garlic and thyme to the pan and stir for 1 min. Take the pan off the heat, remove the bacon mixture and reserve.
2. Add the parsnip and carrots into the now empty pan with a little of the bacon-flavoured butter. Cook over a low/medium heat for 10 mins until soft, then add the cabbage and cook for a further 5 to 10 mins until it starts to soften. Add the bacon and garlic back to the pan, then add the white wine. Allow the wine to evaporate for a few mins then season the mixture and serve. This can be made ahead and left in the pan, then reheated.



BOOST Recipes

Herby Lemon Couscous

By itself couscous can taste quite bland, after all its basically miniture pasta. It is also a high GI carbohydrate so I don't eat it too often and when I do I like to add loads of fresh herbs and have a small portion with something full of protein and other nutrients.

Ingredients:

200g couscous
250ml boiling water
Juice of 2 lemons
Glug of olive oil
Fresh herbs, chopped

Instructions:

1. Place the couscous in a bowl and pour over boiling water. Add the olive oil and lemon juice and season.
2. Cover the bowl and allow the couscous to sit until the liquid has been absorbed. After 5 – 10 minutes fluff the grains with a fork and add the chopped herbs.

Braised Red Cabbage

Ingredients (Serves 4):

1 onion, finely sliced or chopped
½ tsp ground cinnamon
1 x 400g red cabbage, shredded finely using a food processor (white core discarded)
2 small eating apples, peeled, cored and diced
60ml red wine vinegar

Instructions:

1. Heat some butter and oil in a large lidded saucepan. When hot, add the onion and fry gently until softened. Stir in the spices. Add the cabbage and fry for 3-4 minutes, stirring occasionally, until glossy.
2. Stir in the apples and red wine vinegar. Cover with a lid and let it cook gently for around 40 minutes.

Sweet Potato Chips

Ingredients (Serves 4):

750 grams sweet potato this is about two large sweet potatoes, or three medium ones
2 tbsp coconut oil or extra virgin olive oil
2 tsp smoked paprika
1 tsp ground cinnamon
salt and pepper

Instructions:

1. Wash the sweet potatoes (don't peel them) and pat dry. Cut thinly into fries between 1 - 1.5cm thick.
2. Place sliced sweet potato in a large bowl. Add in the coconut oil, smoked paprika, cinnamon, salt and pepper. Toss to combine so the sweet potato is thoroughly coated with the spices.
3. Spread the fries out on the baking tray. Bake for approximately 40 minutes or until cooked/browned to your liking.

CHICKEN & MEAT

Immune Boosting Chicken Soup

Quick to prepare, although it takes a while to cook. I love to get this cooking on a Saturday after the Outdoor Workout ready for a protein packed lunch. Great for protecting against colds and viruses.

Ingredients (Serves 4+):

- 1 whole chicken (approx. 1.5Kg), washed
- 1 leek, roughly chopped
- 1 celery stick, roughly chopped
- 1 onion, cut into 4
- 1 large carrot, peeled and roughly chopped
- 2 large carrots, peeled and diced separately
- 1 bay leaf
- Thyme
- 1 large handful kale, stems removed and leaves chopped

Instructions:

1. Place the chicken, onion, leek, celery and roughly chopped carrot into a large sauce pan with the bay leaf and thyme. Cover with around 2 litres of cold water. Bring to the boil over a high heat then lower to simmer and cook for approximately 2 hours.
2. Strain the soup stock into a clean pan and discard the cooked vegetables. Roughly dice the white meat from the chicken carcass and set aside the darker meat. Add the white meat to the soup together with the reserved raw diced carrots and kale. Simmer for a further 20 minutes.
3. Season to taste.

Turkey and Black Bean Chilli with Sweet Potato

Protein packed. Make veggie by substituting the turkey mince for another can of black beans.



Ingredients (Serves 4):

- 2 medium sweet potatoes, peeled and cut into 2cm pieces
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 1 tsp ground cumin
- ½ tsp mild chilli powder
- 450g minced turkey
- 2 x 400g can tinned chopped tomatoes
- 1 x 400g can black beans, rinsed and drained

Instructions:

1. Turn on oven to 200C
2. Place sweet potato on a lined baking sheet, sprinkle with olive oil & season
3. Roast for around 20 mins until soft.
4. Heat some oil in a large skillet, add onion, garlic and spices – cook until soft (about 8-10 minutes)
5. Add the turkey, stir until browned
6. Add the tomatoes and simmer for around 20 minutes
7. Add the beans, and sweet potato and continue to simmer for a further 15mins



BOOST Recipes

Slow Cooker Pork Loin

An easy to prepare Sunday lunch for all the family which will cook while you're out and about and with ready made gravy! A winner in my house. Celeriac can be an acquired taste so feel free to swap for carrots. Equally wine can be switched for cider or just more stock/water.

Ingredients:

1.8Kg Pork Loin, skin removed and scored
1 ½ tsp fennel seeds
Fresh thyme leaves
1 garlic clove
300g shallots, finely chopped
1 small celeriac, peeled and cut into chunks
2 eating apples, peeled, cored and cut into wedges
150ml white wine
200ml stock or water
1 tbs honey

Instructions:

1. Crush the fennel seeds, thyme leaves and garlic in a pestle and mortar. Add 1 tbsp olive oil and salt and pepper and mix to a paste. Rub all over the pork (this can be done the night before)
2. Set the slow cooker to 'low'.
3. Heat a little olive oil in a frying pan large enough to fit the pork. Brown the shallots and tip into the slow cooker. Add the celeriac and apples to the slow cooker and mix.
4. Brown the pork in the same pan on all sides then place on top of the vegetable mix.
5. Pour wine into the frying pan scraping the bits off the bottom of the pan. Add stock and honey, leave for a minute then pour over the pork. Cover with the lid and cook on low for 5-6 hours.
6. Once cooked remove the pork from the gravy, wrap in foil and rest for 10 minutes before carving and serving.
7. Delicious served with roasted broccoli and sweet potato wedges or roast potatoes.

Slow Cooker Paprika Chicken Casserole

Ingredients (Serves 4-6):

600g skinless, boneless chicken thigh fillets
1 tbsp smoked paprika
225g spanish chorizo ring, sliced into rounds
2 red onions, finely chopped
1 clove garlic, crushed
1 tbsp plain flour
600ml chicken stock / water
70g tomato purée
250g baby plum tomatoes
3 celery sticks, sliced
2 x 400g tins butterbeans, rinsed and drained
large handful flat-leaf parsley, roughly chopped



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Instructions:

1. Set your slow cooker to medium. Coat the chicken in 1 tbsp olive oil and paprika. Season with salt and pepper and then set aside.
2. Heat the remaining oil in a large frying pan on a medium-high heat and add the chorizo, cook for 3-4 mins. Turn the heat down to medium, add the onions and cook for a further 3-4 mins or until soft. Add the garlic and flour, cook for 1 min, then remove from the pan and set aside.
3. Put the saffron (if using) in a small glass and pour over 2 tbsp boiling water to infuse.
4. Heat the same frying pan used to cook the chorizo and onions on a medium-high heat. Add the chicken to the pan and brown on each side for 1 min or until golden.
5. Add the chicken, chorizo and onions to the slow cooker. Pour over the stock and tomato puree. Add the baby plum tomatoes, celery and saffron-infused water (if using). Stir well to combine, cover with the lid and cook for 2.5-3 hrs or until the chicken is very tender.
6. Add the butter beans, cover and cook for 15 mins. Divide the casserole into bowls and top with chopped parsley. Serve with grains such as couscous or quinoa, or crusty bread to dip.

Moroccan Lamb Tagine

Ingredients (Serves 6):

500g lamb neck, chopped into 3cm chunks
1 onion, roughly chopped
2 carrots, diced
2 tsp cumin
1 tsp paprika
1 tsp dried coriander
1 x 400 g tin chopped tomatoes
200ml chicken stock / water
200g dried apricots
1 tbsp fresh ginger
1 garlic clove – crushed
1 x 400 g tin chickpeas
1 cinnamon stick
Fresh coriander to serve

Instructions:

1. Set the slow cooker to Low.
2. Heat a little oil in a large pan and brown the lamb on all sides before transferring to the slow cooker.
3. In the same pan add the onions and carrots and fry for a few minutes until the carrots are starting to brown. Add to the slow cooker with all the spices, seasoning, chopped tomatoes, liquid, apricots, garlic and ginger, chickpeas and cinnamon stick.
4. Stir well and cook for around 6 hours on low.



BOOST Recipes

Slow Cooker Whole Chicken

Ingredients:

Rub Ingredients for the Chicken

2 teaspoon paprika
1 teaspoon cayenne pepper
1 teaspoon dried or fresh thyme
Grind of salt and pepper
Crushed garlic clove

For the Slow Cooker

1 medium onion chopped
4 to 5 carrots, scrubbed, no need to peel, chopped in halves or thirds
4 celery stalks, cut in thirds
2 garlic cloves, peeled and smashed
1 whole lemon quartered
3 1/2 to 4 1/2 lbs roasting chicken

Instructions:

1. Combine rub ingredients in a small bowl and set aside. Prep the vegetables and place inside the slow cooker
2. Put the rub all over the outside and inside the chicken. Add quartered lemon to the inside of the chicken.
3. Place chicken on top of the vegetables. Cover slow cooker and cook chicken on low for 4-8 hours. (When I used a 4 lb chicken, it took about 6 hours. The time will depend on the size of the chicken and your slow cooker.) Cook until the internal temperature of the leg is at 75 degrees C.
4. The chicken will fall away from the bones so be careful as you remove it from the Slow Cooker. In the summer delicious with roasted vegetables, or a buckwheat salad.

Beef Hot Pot

This takes over 2 hours to cook so get it going early or cook one evening ready for the next day.

Ingredients (Serves 4):

1kg beef chuck steak, cubed
1 onion, finely chopped
2 bacon rashers, chopped
0.5 litres, beef stock or water
1 medium sweet potato, cubed
10 baby potatoes
1 tbsp tomato puree
1.5 tbsp chopped fresh herbs, thyme and parsley work well

Instructions:

1. Heat a little oil in a flameproof casserole and fry the onions for 2-3 minutes. Add the chopped bacon and cook for another 2 minutes. Remove from the casserole and put to one side.
2. Add a little more oil and brown the beef. Return the onion mixture and stir in the liquid. Place in the oven for one hour.
3. Remove from the oven and add in the sweet potato, baby potatoes and tomato paste. Place back in the oven and cook for a further hour. Remove from the oven, stir through fresh herbs and serve.

Pork and Vegetable Tray Bake



Ingredients (Serves 4):
 celeriac (about 700g), peeled and cut into 2cm chunks
 2 onions, cut into wedges
 2 tbsp vegetable oil
 2 x 300g packs extra-lean pork fillet medallions
 1 Savoy cabbage, cored and chopped
 1 tbsp chopped thyme, plus extra to garnish
 2 tsp ground cumin
 3-4 sticks of rhubarb, cut into 2cm chunks
 juice of 1 orange, plus zest of ½
 2 tbsp caster sugar

Instructions:

1. Preheat the oven 220°C, fan 200°C, gas 7, with a large roasting tray in the oven.
2. Place the celeriac in a heatproof bowl with 1 tablespoon of water, cover and microwave on high for 3 minutes.
3. Drain the celeriac and toss with the onions and 1 tablespoon of oil; roast on the preheated tray for 5 minutes. Meanwhile, rub ½ tablespoon of oil and seasoning into the pork medallions and sear both sides briefly in a nonstick frying pan over a high heat.
4. Mix the cabbage, thyme, ½ tablespoon of oil, half the cumin and seasoning together in a bowl. Add to the roasting tray and sit the seared pork on top of the vegetables. Roast for about 20 minutes until the vegetables are tender and the pork is cooked through.
5. Meanwhile, place the rhubarb, remaining ground cumin, orange juice, zest and caster sugar in a pan and simmer, covered, over a low-medium heat for 12-15 minutes until the rhubarb has broken down and you have a spoonable sauce. Season to taste and serve warm with the roast pork, vegetables and a sprinkling of thyme.

Chicken with Roasted Winter Veg

Ingredients (per person):

4 chicken breast fillets
 4 slices prosciutto or bacon
 1 small celeriac, peeled and cut into 2cm chunks
 1 medium swede, peeled and cut into 2cm chunks
 2 sweet potatoes, peeled and cut into 2cm chunks
 2 parsnips, peeled and cut into 2cm chunks
 1 clove garlic, crushed
 ½ tsp cumin seeds

Instructions:

1. Preheat the oven to 200C/gas 6/fan 180C. Put the celeriac, swede, sweet potato, parsnips and garlic in a large roasting tin. Sprinkle with the olive oil and cumin, and season with salt and pepper. Toss the vegetables together so they are lightly coated in oil. Put in the oven and roast for 20 minutes.
2. Meanwhile, wrap each chicken breast with a slice of prosciutto or bacon.
3. Take the roasting pan from the oven and turn the vegetables over then lay the chicken on top. Roast for 30- 35 minutes more, until the vegetables are tender and the chicken is done.
4. Serve with steamed broccoli or lightly cooked Savoy cabbage.



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Asian Style Chicken Tray Bake

Ingredients (Serves 4):

8 chicken thighs
1 broccoli stem, cut into florettes
1 clove garlic, crushed
4 tbsp hoisin sauce
1 tbsp honey
1 tbsp soy sauce
600ml water
300g basmati rice
200g sugar snap peas
1 green chilli

Instructions:

1. Preheat the oven to 200C.
2. Make the marinade - In a small bowl mix the hoisin sauce, garlic, honey and soy sauce.
3. Place chicken thighs and broccoli florettes in a bowl and add half the marinade. Coat evenly then transfer to a baking tray. Roast for around 20-25 minutes until the chicken is cooked.
4. Meanwhile boil the water in a large saucepan (big enough to take the sugar snaps and rice). Wash the basmati rice in a sieve until the water runs clear then add to the boiling water, turn down the heat to medium-low and cover. Simmer gently for 10 minutes then remove the pan from the heat. Add the sugar snaps, place the lid on and set aside for a further 10 minutes to steam.
5. Once the rice and sugar snaps are cooked stir to mix and serve. Pour the remaining marinade over the chicken and broccoli and stir. Top with sliced green chilli.

Chicken and Mozzarella

Ingredients (per person):

1 chicken breast
Couple of handfuls of baby spinach
2 slices mozzarella

Instructions:

1. Preheat the oven to 190C
2. Roast the chicken breast with a drizzle of olive oil and seasoning for 20 minutes
3. Meanwhile place the spinach in a colander and pour through boiling water. Leave to drain.
4. Remove the chicken from the oven after 20 minutes, cover with the wilted spinach and top with mozzarella. Return to the oven for another 8 minutes when the cheese should be bubbling and golden brown.

Chicken Fajita

A great family favourite. To make this a little more healthy serve with brown rice rather than tortillas.

Ingredients (Serves 4):

4 small chicken breasts (approx. 500g)
1 red onion, finely sliced
1 red pepper, finely sliced
1 yellow pepper, finely sliced



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For the marinade:

6 tbsp olive oil
1 tbsp smoked paprika
2 tsp ground coriander
1 tsp ground cumin
1 clove garlic, crushed
Juice of one lime

To serve:

8 medium tortilla wraps
Bag of mixed salad
1 avocado chopped
Chopped cherry tomatoes, or tub of fresh salsa
Grated cheese.

Instructions:

1. Heat oven to 200C/18C fan and wrap the tortillas in foil.
2. Mix together the ingredients for the marinade.
3. Stir the chicken, onions and peppers into the marinade until coated.
4. Transfer to a large frying pan and cook over a medium to high heat moving everything continuously until the chicken is cooked.
5. Meanwhile warm the tortillas in the oven for 5 minutes.

Chicken and Mushroom Stew

A great family favourite. To make this a little more healthy serve with brown rice rather than tortillas.

Ingredients (Serves 4):

600g potatoes, chopped
1 clove garlic, crushed,
200g mushrooms, quartered
1 broccoli head, cut into florettes
600g chicken thigh, flesh only, diced
Tomato puree
Water 300ml
1 1/2 tbsp flour
Chopped tarragon leaves

Instructions:

1. Preheat the oven to 200C Fan 190C
2. Boil a large pan of water and add the chopped potato and cook for 15-20 minutes until cooked through.
3. Place the broccoli on a baking tray, drizzle with olive oil and season. Set to oneside.
4. Meanwhile fry the chicken in a little oil until browned, approx. 5 minutes. Add the garlic and mushrooms and cook for a further 3-5 minutes until the mushroom juices start to be released.
5. While the mushrooms are cooking place the broccoli in the oven to roast for 15-20 minutes.
6. Add the puree to the chicken and mushroom cook for a minute then add the flour and stir. Pour in the water and bring to the boil Reduce the heat to medium and simmer the stew for 12-15 minutes making sure the chicken is cooked through.
7. When the potato is ready, drain and mash until smooth adding milk and butter to taste. Season.
8. Finish the stew by adding the chopped tarragon. Serve.



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Mexican Style Beef with Crispy Potatoes

A great family favourite.

Ingredients (Serves 4):

600g potatoes, chopped into 2cm cubes
1 onion, finely chopped
1 clove garlic, crushed
1 red pepper, chopped
500g beef mince
½ tsp chilli powder
½ tsp paprika
1 tsp ground cumin
1 tsp ground coriander
2 carrots, grated
1 x 400g tin chopped tomatoes
50ml water

Serve with:

Chopped coriander
1 avocado, mashed
Cheddar cheese, grated

Instructions:

1. Preheat the oven to 220C/ fan 210C.
2. Place the chopped potatoes onto a baking tray, drizzle with oil season and roast for around 30 – 40 minutes until crispy.
3. Meanwhile, fry the onion in a little oil for approx. 5 minutes until starting to soften.
4. Add the the beef and garlic and cook until browned, approx. 5 minutes.
5. Add the red pepper, grated carrot, tinned tomatoes, water and spices and mix. Bring to the boil then reduce the heat and cook on a medium heat for about 15 minutes.
6. Once the sauce has thickened, transfer to an ovenproof dish. Top with the roasted potatoes and sprinkle over the cheese. Bake in the oven for around 10 minutes until the cheese is bubbling and golden brown.
7. Serve with chopped avocado sprinkled with coriander.

Pasta with Chicken and Roasted Vegetables

Ingredients:

75g dried pasta per person, Cooked leftover chicken, Pesto

Vegetables to roast:

Choose from: Cherry tomatoes, peppers, red onion, courgetti, squash, leeks - diced

The smaller you dice the vegetables such as carrots and squash the quicker they will cook!

Instructions:

1. Place the vegetables in a roasting tray. Drizzle with olive oil and season. Roast for at least 30 minutes until soft. Stir through a couple of table spoons of pesto.
2. Meanwhile bring a pan of water to the boil. Cook pasta according to the instructions on the packet. Drain the cooked pasta and divide into bowls. Top with the roasted vegetables and a portion of cooked chicken.

Beef with Green Pepper and Black Bean Sauce

I don't advocate using ready sauces on a regular basis but for a speedy Friday supper this is hands down way healthier than the take away equivalent. I'm pretty sure you can prepare it in less time than it takes to order and pick up too!

Ingredients (Serves 4):

400g beef steak, thinly sliced
 1 clove garlic, crushed
 1 onion, finely chopped
 1 green pepper, diced
 60ml black bean sauce
 1 tsp teriyaki sauce

Instructions:

1. Heat a little oil in a wok or large frying pan. Stir fry beef in batches until browned. Remove and place to one side.
2. Stir fry the onion with garlic for 3 – 4 minutes, add the green pepper and continue to cook for another 2 minutes.
3. Return the beef to the wok with the sauces. Continue to stir while the mixture comes to the boil. Make sure the beef is cooked through before serving.

Perfect with brown basmati rice

Sweet and Sour Chicken



Ingredients (Serves 4):

2 red onions, finely sliced
 2 red peppers, chopped
 2 green peppers, copped
 2 cloves garlic, crushed
 4 chicken breasts, cut into bite sized slices
 2 slices fresh or tinned pineapple cut into chunks
 2 tbs honey
 2 tbs tomato puree
 1 tbs apple cider vinegar

Instructions:

1. Saute the onions and garlic in a little oil. After 5 minutes add the chicken and continue to cook for another 5-6 minutes. Add the peppers, cook for 2 minutes then add the pineapple, tomato puree and apple cider vinegar.
2. Simmer for around 6-7 more minutes or until the chicken is cooked through.
3. Serve with brown rice.

Chilli Con Carne

Ingredients (Serves 4):

2 tbs olive oil
 1 large onion finely chopped
 2 garlic cloves crushed
 500 g lean beef mince
 1 x 400g tin chopped tomatoes



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1 red pepper diced
400 g tinned kidney beans rinsed, drained
1 tbsp chilli flakes (adjust to taste)

Instructions:

1. Saute the onion and garlic in a little oil for 4 -5 minutes or until the onion becomes softened.
2. Add mince and brown for a further 4 minutes, breaking up with a wooden spoon.
3. Stir in pepper, tinned tomatoes and chilli flakes (if using).
4. Bring to the boil over medium heat, then reduce the heat to medium and simmer partially covered for 20 minutes.
5. Add the beans, then simmer for a further 4 minutes.
6. Serve in bowls, topped with avocado, cherry tomatoes, spring onions and yoghurt.

Spanish Pork

Ingredients (Serves 4):

4 boneless pork shoulder steaks
1 tbsp olive oil
1 large onion, roughly chopped
2 medium carrots, roughly chopped
2 celery sticks, roughly chopped
2 garlic cloves, crushed
1 tbsp paprika (smoked, if you prefer)
200ml red wine (optional but tastes great! otherwise replace with water)
400g can chopped tomatoes
200g flame-roasted red peppers, drained and sliced
100g pitted green olives
1 heaped tbsp capers, drained
200ml chicken stock, hot

Instructions:

1. Season the pork steaks with salt and pepper. Fry the pork in a little oil over a medium/high heat for about 5 minutes, until golden brown on both sides. Remove and keep warm.
2. Add the onion, carrots and celery to the pan and cook for 5 minutes. Stir in the garlic and paprika and cook for a further minute.
3. Stir in the red wine and bubble to reduce for 2 minutes, then add the remaining ingredients. Return the pork to the pan and simmer gently for 20 minutes.
4. Season well and serve with mashed potato and green beans

FISH

Thai Fish Soup with Soba Noodles

Soba noodles are made from Buckwheat and naturally gluten free. Feel free to substitute with any noodles of your choice.

Ingredients (Serves 4):

1 stalk fresh lemon grass, bashed to release flavour
½ red onion, finely chopped
1 clove garlic, crushed
Fresh ginger, finely chopped
2 x Kaffir lime leaves
1 x 400ml can coconut milk
2 salmon fillets, skinned and cubed
180g cooked prawns
100g mange tout, tips and strings removed
Handful spinach
Juice of half a lime
Fresh coriander
Soba noodles or noodles of your choice.

Instructions:

1. Heat a little olive oil in a large pan and add the onion. Cook for a couple of minutes then add lemon grass, garlic, ginger and lime leaves. Cook for a further 5 minutes until the onion is soft.
2. Add the coconut milk with 150ml water, gradually bring to simmer and cook for 15 minutes. Add the salmon and cook for a further 5 minutes.
3. Meanwhile cook the soba noodles according to instructions. Rinse in cold water.
4. Add the prawns, mangetout, spinach cooked soba noodles and cook for a further 2 minutes.

Seafood One Pot

Ingredients:

1 red onion, finely chopped
1 garlic clove, crushed
500g passata
600 g Fish pie mix and fresh prawns
100g baby spinach
60g olives, sliced

Instructions:

1. Heat a little oil in a pan and fry the onions and garlic until softened (approx. 5 minutes). Add the passata and simmer for 5 minutes.
2. Add the fish pie mix and simmer for approx. 4 minutes before adding the prawns if using them and cook for another 3 minutes. Make sure all the fish is cooked through. Add the spinach and olives, season and cook for a couple more minutes until the spinach has wilted.
3. Serve immediately. Delicious with quinoa.



BOOST Recipes

Salmon Tray Bake

Ingredients:

600g Baby New Potatoes (cut in half)
1 Broccoli heads (cut into florettes)
2 Red Pepper (cut into small chunks)
2 Spring Onion (finely sliced)
25 grams Pine Nuts
4 Salmon Fillets
Juice of half a lemon
2 tbsp Pesto

Instructions:

1. Boil the potatoes for 10 mins until tender, then drain. Heat oven to 200C/180C fan/gas 6. Toss the potatoes in the oil, then transfer to a baking tray. Roast for 20 mins.
2. Push the potatoes to one side and put the broccoli, pepper, spring onion and pine nuts down the middle of the tray. Put the salmon on the other side. Squeeze lemon juice over the fillets and the vegetables (not including the potatoes). Season everything with salt and pepper. Spread each of the salmon fillets with pesto and return the tray to the oven for 15 - 20 mins until everything is cooked through.

Lemon Crusted Salmon Fillets

Ingredients (Serves 4):

65g panko breadcrumbs
2 tbs grated parmesan cheese
0.5 tsp each dried thyme and dried parsley (or 1 tsp each fresh)
1 garlic clove, crushed
Zest of one lemon
4 x Salmon fillets (or a half side salmon)
2 tbsp butter, melted

Instructions:

1. Preheat oven to 190 degrees C. Line a baking sheet with aluminium foil.
2. Combine panko bread crumbs, Parmesan cheese, thyme, parsley, granulated garlic, lemon zest and melted butter in a bowl. Arrange salmon on the prepared baking sheet and top with the bread crumb mixture, distributing evenly over salmon fillets.
3. Bake in the preheated oven until salmon flakes easily with a fork, 20 to 25 minutes.
4. You can use the basis of this recipe to make delicious fish fingers for younger children, so much better than shop bought ones. You'll need around 120g cod fillet per person. Cut into strips and dip into beaten egg. Coat each fish strip completely in the panko bread crumb mix. Place on a baking tray and bake at 200C for 15 – 20minutes until cooked through and golden.

Tuna Fishcakes

Ingredients:

600g potatoes, peeled and diced
 1 tbsp milk,
 30g grated cheddar cheese
 2 tins tuna in spring water, drained
 1 handful spinach, finely chopped
 2 tbsp chopped parsley
 2 tbsp lemon juice
 1 egg
 100g panko breadcrumbs

Instructions:

1. Add the potatoes to a pan of boiling water and then simmer for 25 minutes.
2. Drain the potatoes and then mash with the milk and cheese adding salt and pepper to taste.
3. Add the tuna, parsley, spinach and lemon juice and mix well.
4. Beat the egg in a bowl and set aside. Put the breadcrumbs in a separate bowl and spray a baking tray with a little oil.
5. Form the mixture in to fishcakes one at a time and then dip them in to the egg and then in to the breadcrumbs making sure they are fully covered.
6. Put the fish cakes on an oiled baking sheet. Place them in a preheated oven at 190°C/Gas 5 for 20 minutes, turning carefully half way through.

Thai Yellow Fish Curry

This may look like a lot of ingredients but if you've stocked up your store cupboard ingredients you'll have them to hand and the recipe itself is super quick and easy to prepare and cook.



Ingredients: (Serves 4):

Thai Curry Paste:

1 regular onion - peeled and chopped
 1-2 medium red chillies - chopped
 2 tsp finely chopped fresh ginger
 2 cloves of garlic - peeled and crushed
 1 lemongrass stalk - inner part chopped finely
 1 tbsp fresh coriander stalks - keep the leaves for garnish
 1 ½ tsp turmeric
 1 tsp tamarind paste
 ½ tsp cumin
 ½ tsp paprika
 Salt and black pepper

Curry:

1 tbsp olive oil
 3 haddock or cod fillets (weighing approx 150g/5oz each) - sliced in half
 100 g kale - chopped
 400 ml can full-fat coconut milk
 240 ml fish stock or chicken stock
 2 tsp fish sauce
 2 tsp brown sugar
 1 tbsp lime juice
 1 tbsp cornflour - mixed with 3 tbsp cold water (optional)



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Instructions:

1. Add all the curry paste ingredients to a bowl and blend together using a hand blender until no lumps remain.
2. Spread half of the curry paste on the haddock fillets (both sides, or just the fleshy side if the fish still has skin on).
3. Heat the olive oil in a large frying pan (skillet) on a high heat and place the haddock fillets in there. Cook for 2-3 minutes on each side until the coating starts to brown. Add the rest of the curry paste to the pan and cook for a further minute until fragrant.
4. Add the coconut milk and stock, then stir, breaking up the fish a little. Once the coconut milk is bubbling, add fish sauce, brown sugar and lime juice and stir again.
5. Add the kale and stir through for 1-2 minutes until wilted.
6. If you prefer the sauce to be a little thicker, stir in the cornflour and water mixture a little at a time until the sauce is thickened to your liking.
7. Serve topped with sliced chillies
8. Perfect with brown basmati rice.

King Prawns with Ginger and Spinach

Ingredients (Serves 4):

- 1 red onion, finely chopped
- 1 clove garlic, crushed
- 1 bunch spring onions, sliced
- 1 thumb sized piece of fresh ginger, peeled and finely chopped
- 400g Raw shelled King Prawns
- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- ½ tbsp rice wine vinegar
- 100 ml water
- Handful baby spinach

Instructions:

1. Heat a little oil in a wok or large frying pan. Gently fry the onion and garlic for 3-4 minutes, add the spring onions and ginger and fry for a further 4 -5 minutes until the onion is soft.
2. Add the king prawns and sauces with the vinegar and water. Simmer for about 5 minutes until the prawns are cooked. Add the spinach and stir through before serving.

Perfect with brown basmati rice

DESSERTS

Apple Crumble

Who doesn't love a fruit crumble. This one is low in sugar with extra nutrients provided by the addition of nuts and seeds



Ingredients:

- 3 large cooking apples, peeled and sliced into bite sized peices
- Rhubarb, about 4-6 sticks, washed and sliced
- 1 piece of ginger, peeled and finely chopped
- 1 tsp cinnamon
- Drizzle of maple syrup
- 80g ground almonds
- 80g oat flour
- 100g mixed seeds or chopped dried fruit
- 100g coconut sugar
- 1 tbsp melted coconut oil

Instructions:

1. Heat the oven to 180C fan.
2. Place the apples, ginger, cinnamon and maple syrup into a pan, with about 50ml of water. Cover and cook over a low heat for 5 minutes. Add the rhubarb and cook for another 5 minutes until the fruit is soft. Add a drop more water if necessary.
3. While the fruit is cooking mix remaining ingredients in a bowl.
4. Place the cooked fruit into the bottom of a baking dish and place the crumble on top. Bake for 25-30 minutes or until golden.

Warm Spiced Pears

Ingredients (Serves 4):

- 4 pears, peeled and sliced
- 2 tbsp of water
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp grated fresh ginger root
- 2 tsp finely grated orange zest
- 2 tbsp coconut sugar
- 2 tbsp raisins

Instructions:

1. Place sliced pears in a small pan with water.
2. Add sugar, cinnamon, ginger, orange zest, sugar and raisins. Stir well.
3. Cook gently over a low heat for about 10 mins or until the pears are cooked, but still firm.

Serve with natural yogurt

HEALTHY SNACKS

Berry and Lemon Cake



Ingredients:

- 200g almond flour
- 120g oats
- 61g tapioca flour
- 3 eggs
- 1 lemon
- 216g frozen berries
- 120ml honey
- 4 tbsp extra virgin olive oil
- 85g Greek yoghurt
- 2 tsp vanilla extract
- 2 tsp baking powder

Instructions:

1. Preheat oven to 160 and line a loaf tin with baking paper along base and sides.
2. Combine almond meal, oats, tapioca flour and baking powder in a large bowl.
3. In a separate bowl whisk together eggs, olive oil, honey, yoghurt and vanilla.
4. Combine wet and dry mixtures. Add the zest and juice of the lemon and stir through. Fold in the frozen berries, saving a few for the top of the loaf.
5. Scoop the batter into the lined tin, smooth down and press remaining berries into the top. Allow the batter to sit for 15 minutes to allow oats to soak up some liquid before popping into the oven. Bake for 50-55 minutes or until the top is a deep golden brown. The centre may feel slightly soft but will become more firm on cooling. Allow to cool to room temperature before slicing.

Ginger Cake



Ingredients:

- 175g almond flour
- 43g coconut flour
- 32g Gluten Free Self Raising Flour
- 1 tsp Gluten Free Baking Powder
- 1 1/2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 80-100 grams cacao nibs or chocolate chips
- 115g mashed pumpkin (as a thick puree)
- 8 tbsp honey (or other liquid sweetener)
- 3 eggs
- 1 tbsp lemon juice
- 2 tbsp coconut oil, melted
- 2 tsps vanilla extract

Instructions:

1. Preheat your oven to 170 C/Gas 3 and line a small loaf tin with baking paper.
2. Combine all of the dry ingredients, except for the dark chocolate, in a large bowl.
3. In a separate bowl, whisk the eggs together and then combine with the honey, mashed pumpkin, lemon juice, coconut oil and vanilla.
4. Make a well in the centre of the dry ingredient mix and pour in the wet mixture, then combine in

to a smooth, thick batter.

5. Break the dark chocolate up in to chunks between 1-2cm at their longest edge.
6. Scoop about 1/3 of the cake batter in to your loaf tin. Scatter over 1/2 of the chocolate chunks, avoiding the very edges of the loaf. Layer across another 1/3 of the cake batter, scatter over the remaining chocolate and then finish by smoothing the last 1/3 of the cake batter on top.
7. Bake for approximately 50 minutes to an hour, or until the loaf is a dark golden brown on top and the centre feels firm to touch. If the loaf starts browning too quickly on top you can cover with foil while baking. You may need to adjust the baking time if you use a different shape baking tin (a flatter loaf will bake more quickly).
8. Remove from oven and allow to cool in the pan for 20 minutes then leave on a wire rack to cool completely. Slice and store in the fridge for up to a week, or freeze for a longer life. It's best lightly warmed up in the oven, or even toasted lightly in a pan on the stove, so the chocolate parts soften.

Berry Mug Cake

Ingredients (Individual Mug):

- 3 tbsp almond flour
- 2 tbsp buckwheat flour (or rice flour)
- 1/4 tsp baking powder
- 1 egg, beaten
- 2 tsp honey
- 1 tbsp coconut oil, melted
- handful fresh or frozen berries (blueberries or raspberries are ideal)

Instructions:

1. Grease a large mug or ramekin with a little coconut oil. (It needs to be microwave safe).
2. Add ground almonds, buckwheat flour, baking powder, egg, honey and coconut oil to a small bowl. Whisk until smooth.
3. Add the berries, stir to distribute evenly then pour into the prepared mug.
4. Microwave on HIGH for one minute. Check and if the cake is still wet in the middle microwave again for another 30s.

Apricot Oat Crispie

Ingredients (Serves 6):

- 130 grams rolled oats
- 50 grams puffed brown rice
- 100g of almond flakes.
- 120g dried apricots
- 2 tsp of melted coconut oil
- 120ml of honey
- 1/2 tsp of cinnamon

Instructions:

1. Preheat the oven to 150 c
2. Place the almonds and apricots into a food processor and blend until they are chopped up slightly but still have texture.
3. Place this mix with all the other ingredients into a bowl and mix well.
4. Spoon the mixture into a prepared baking tin, making sure the top is even. Bake for 20 mins until golden then let it cool in the tin before cutting into bars.



BOOST Recipes

Chocolate Chia Seed Cookies

Ingredients:

- 1 cup of hazelnuts (190g)
- 1 cup of quinoa or buckwheat flour (200g)
- 1/3 of a cup of pure maple syrup (100ml)
- 5 medjool dates, pitted
- 1/4 of a cup of water (75ml)
- 3 heaped tablespoons of raw cacao powder
- 3 tablespoons of chia seeds
- 2 tablespoons of coconut oil

Instructions:

1. Simply place the nuts into a food processor and blend for a minute or two until a flour forms, then add all of the remaining ingredients and blend again until a sticky cookie dough forms.
2. Scoop about a tablespoon into your hands, roll it into a ball and then flatten it using a spatula onto the baking tray so that they are nice and thin. Keep doing this until all the cookies are on the tray.
3. Bake for about twenty minutes at 180C/Gas Mark 4, until the cookies are firm and starting to slightly brown. Then leave them to cool for a few minutes before enjoying!

Double Chocolate Chip Muffins

Ingredients:

- 250g mashed sweet potato
- 3 eggs
- 80ml coconut oil melted
- 120ml honey
- 125 ml milk of choice
- 2 tsp vanilla extract
- 120 grams gluten free plain flour
- 140 grams buckwheat flour
- 50 grams cacao powder
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 cup dark chocolate chips

Instructions:

1. Preheat oven to 180C (350F) and line a 12 cup muffin tray with liners (or grease liberally with oil of choice).
2. In a large mixing bowl combine the plain flour, buckwheat flour, cacao powder, baking powder, cinnamon and salt.
3. Place mashed sweet potato, eggs, honey, melted coconut oil, milk and vanilla extract in a blender or food processor and blend just until smooth.
4. Combine wet and dry ingredients to form a thick batter. It should look like a slightly runny chocolate mousse. Fold in the chocolate chips, reserving a handful for putting on top of the muffins.
5. Divide the batter evenly between the muffin holes. Gently press the remaining chocolate chips on top of the muffins. Bake for approximately 25 minutes or until the muffins have puffed up and the centre of the muffins feels firm (but still slightly springy) to touch.
6. The muffins are best served slightly warm, this will give to most soft texture. I suggest warming very briefly in the microwave or oven if you are serving them after they've been in the fridge.



BOOST Recipes

Mango Energy Balls

Ingredients:

- 150g raw walnuts or cashews (or mix both)
- 155g dried unsweetened mango
- 10 whole pitted medjool dates
- 20g hemp seeds
- 30g dessicated coconut
- 1 medium lime, zested (optional)

Instructions:

1. Preheat oven to 175C and arrange nuts on a baking sheet. Toast for 8-12 minutes or until light golden brown and fragrant. Set aside.
2. In the meantime, add dried mango to a mixing bowl and cover with warm water. Let soak for 5-7 minutes or until soft and pliable but not too soggy. Then drain, lay on a towel, and pat off excess moisture. Set aside.
3. Add nuts to a food processor and mix into a fine meal. Remove from bowl and set aside.
4. Add pitted dates and soaked, dried mango to the food processor and mix until a rough paste/sticky dough forms.
5. Add nut meal back in, along with hemp seeds, dessicated coconut and lime zest (optional). Mix until it forms a moldable dough. Add more coconut or hemp seed if it feels too sticky or wet. Add more dates if it's too dry.
6. Scoop out rounded Tablespoon amounts and roll into little balls in the palms of your hands. Then roll in more shredded coconut or hemp seeds, or a mixture of both.
7. Enjoy immediately. Store at room temperature up to 3-4 days, in the refrigerator 1 week, or in the freezer up to 1 month.

Banana and Chocolate Chip Flapjack

Ingredients:

- 350g good quality porridge oats
- 2 tbs coconut oil
- 4 medium ripe bananas (mashed)
- 1 tbs honey
- 3 tbs peanut or almond butter)
- 3tbs chocolate chips

Instructions:

1. Preheat the oven to 180C/Gas 4 & grease a 25cm square baking tin with coconut oil.
2. Melt the coconut oil and nut butter in a pan on a low heat until melted.
3. Remove from the heat and stir in the mashed bananas, oats and chocolate chips.
4. Transfer the mixture to the prepared tin pressing down well. Cook in the oven for about 20 minutes until golden brown.
5. Allow to cool completely before cutting into pieces.



BOOST Recipes

SMOOTHIES & DRINKS

Warm Carrot and Orange Smoothie

Ingredients:

Juice of 1 large orange
1 tsp grated fresh ginger
1 large carrot - washed and roughly chopped
juice of ½ a lemon
1 tbsp honey
200 ml water - just boiled
50 ml cold water

Instructions:

1. Add the juice of 1 large orange, the ginger, chopped carrot, lemon juice, honey, 50ml cold water and a splash of the hot water to your smoothie maker or blender (see warning above about using hot liquids in smoothie makers and blenders).
2. Blend until everything is incorporated. Pour into a cup, stir in the rest of the hot water and serve.

Also check out [Warm Hot Chocolate Smoothie from Breakfast Recipes.](#)

Protein Boost

Ingredients:

½ ripe banana
1 tbsp almond butter
1 pitted date
180ml milk of choice

Combine all the ingredients in powerful blender and serve.

Fresh Ginger Tea

Ingredients:

1 tsp fresh ginger, finely grated
1 tbsp freshly squeezed lemon juice
2 tsp maple syrup
1 mug of boiling water

Combine all the ingredients in a mug and let it infuse for 2-3 minutes. Strain into a fresh teacup.

Warm Spiced Apple Smoothie

Ingredients:

1 small apple Cored & cut in quarters.
30g oats
1/2 tbsp chia seeds pre-ground if possible
180ml milk of choice
1/2 tsp of ground ginger/cinnamon and allspice.

Warm the milk in a microwave for 30s or until warm but not too hot. Add all your ingredients into your blender and blend.



BOOST Recipes

Immune Boosting Apple Smoothie

Ingredients:

- 1 medium cucumber, pared and chopped
- 2 medium sized apples, core removed and cut into chunks
- 150g cubed, frozen mango
- 1 orange, peeled
- water

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BOOST Recipes

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