



# THE WEIGHT LOSS GURU



## GENERAL FOOD PLAN



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# FOOD PLAN

WEEK 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
B'FAST	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2 eggs, scrambled with smoked salmon	Avocado with mushrooms	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2 kippers or haddock or mackerel	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Chia pot with almond milk, yogurt and prunes
LUNCH	Large serving of 'Oriental Chicken salad' + edamame beans	One large serving 'Lentil Pumpkin and Rocket Salad'	'Veal with Mustard Butter & Asparagus' + vegetables + butter beans	A large serving of 'Classic Niçoise Salad' + puy lentils	A large portion of 'Pancetta, Spinach & Ricotta Bake' + mixed vegetables	'Almond Lemon Cod' with spinach + lentils	A large portion of roast beef & courgettes with horseradish sauce + butter beans
TEA SNACK	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit
SUPPER	'Thai Beef Salad' + small serving of hummus	A small serving of lamb chops + cannellini beans	A portion of 'Salmon Fillet with Spring Onions & soy sauce' + small serving of lentils	Three 'Scallops and Thai Pea Puree' + a small serving of lentils	'Salmon Fillet with Tiger Prawns' + a small serving of lentils	'Stuffed Marrow Bake' + a small serving of edamame beans	'Smoked Tofu Stir-Fry'

WEEK 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
B'FAST	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	Avocado with mushrooms	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2 kippers or haddock or mackerel	Chia pot with almond milk, yogurt and prunes	1 pot of Greek Yogurt & 1 Plant-based yogurt mixed together, (Fage+Alpro) + 2 tsp mixed seeds/nuts	2 eggs, scrambled with smoked salmon
LUNCH	Large portion of 'Mushroom & Fennel Salad' + edamame beans	A large portion of Butter bean and mushroom casserole with mixed vegetables	A large serving of 'Classic Niçoise Salad' + puy lentils	A large portion of 'Oriental Chicken Salad' + edamame beans	'Pesto-Crusted Cod' with a small serving of lentils	A large portion of 'Thai Beef Salad' + mixed vegetables	A large portion of roast chicken & mixed vegetables + pulse with gravy
TEA SNACK	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit
SUPPER	Three 'Scallops and Thai Pea Puree' + a small serving of lentils	'Leek & Goats Cheese Frittata	One pork steak + butter beans	'Split Pea, Green Peas Smoked Ham Soup'	'Lamb Kebabs' with a small portion of cannellini beans	Chicken soup + fava beans	'Devilled Tofu Kebabs'

**\*ALL RECIPES IN THIS PACK ARE USUALLY TO SERVE 4, BUT AS THE RECIPES WILL NOT BE SERVED WITH SIDES, THEY CAN, AT LUNCHTIME, BE FOR 2**

# ALMOND LEMON COD

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER; TO BE SERVED WITHOUT VEGETABLES

## INGREDIENTS

- 450g cod fillets (4 x 150g fillets)
- 4 teaspoon olive oil
- 4 teaspoon butter
- Juice of 3 lemons
- 4 tablespoon flaked almonds, toasted
- Chopped flat leaf parsley, to garnish
- 16 asparagus spears or any green vegetable of your choice, steamed (*to be served at lunch only*)
- Sea salt and ground black pepper

## METHOD

Season the cod with salt and pepper and pan fry it in the olive oil and butter until golden and crisp. Remove the cod from the pan, then deglaze the pan with the lemon juice.

Pour the jus over the fish then top with the toasted almonds and parsley. Serve with the asparagus spears or green vegetable of your choice. - *Asparagus only to be served for lunch, to be served without at dinner.*



# GRILLED STEAK SALAD WITH ASIAN DRESSING

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 1 (12 ounce) rib eye steak
- 1 tablespoon soy sauce
- 1/2 lemon, juiced
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 2 tablespoons white sugar
- 1/2 teaspoon sesame oil
- 1/4 teaspoon garlic powder
- 2 pinches red pepper flakes
- 10 leaves romaine lettuce, torn into bitesize pieces
- 1/2 large English cucumber, cubed
- 1 avocado peeled, pitted, and diced
- 1 tomato, cut into wedges
- 1 carrot, grated
- 4 thin slices red onion
- 3 tablespoons toasted sesame seeds

## METHOD

Season both side of the rib eye steak with soy sauce and steak seasoning. Cover and refrigerate at least 1 hour to overnight.

Preheat grill on a high heat. Grill steak on preheated grill until firm, reddish pink, and juicy in the centre, about 6 minutes per side. (An instant read thermometer inserted into the centre should read 54 °C).

Transfer steak to a platter, sprinkle with lemon juice, and cover loosely with aluminium foil. Allow meat to rest for about 10 minutes, then cut into strips.

Whisk rice vinegar, olive oil, sugar, sesame oil, garlic powder, and red pepper flakes together in a small bowl. Combine lettuce, cucumber, avocado, tomato, carrot, red onion, and steak strips in a large bowl. Pour rice vinegar dressing over salad and toss to coat. Sprinkle with sesame seeds to serve.

# BUTTER BEAN & MUSHROOM CASSEROLE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 2 medium onions
- 2 carrots
- 2 garlic cloves, peeled and thinly sliced
- 240g chestnut mushrooms
- 2x 400g cans tomatoes
- 2x 400g cans butter beans
- 4 tablespoons grated parmesan, to serve

## METHOD

Peel the onions, cut them in half, then into thick segments. Warm a little olive oil in a deep pan, add the onions then cook over a moderate heat until pale gold and starting to soften. Scrub the carrots, roughly chop, then add to the onions with the garlic.

As the vegetable soften, slice the mushrooms and stir them into the vegetables. Once they soften and colour, tip in the tomatoes, the rinsed beans and 2 cans of water. Season with salt and black pepper then bring to the boil. Lower the heat and simmer the beans for 30 minutes, until the mixture is thick and luscious. Set to one side and transfer to an ovenproof dish. Set the oven at 180°C/Gas Mark 4.

Bake for about 35 minutes. Scatter the cheese over the casserole and continue cooking for a further 30 minutes until golden.



# CAJUN & SPICED CHICKEN SALAD

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 4 tbsp Cajun spice mix
- 4 tsp olive oil
- 500g chicken breast cut into strips
- Baby gem lettuce, leaves separated
- 1 cucumber, sliced
- 8 radishes, sliced
- 1 red pepper, cored, deseeded and sliced
- 1 yellow pepper, cored, deseeded and sliced
- 4 spring onions, sliced
- 2 tsp olive oil, for dressing
- Juice of 1 lime

## **METHOD**

Mix the Cajun spice with the olive oil, then rub all over the chicken strips. Fry over a medium heat for 15 minutes or until cooked through.

Combine the lettuce, cucumber, radishes, peppers and spring onions to make a salad. Dress with the olive oil and lime juice.

Serve the Cajun & spiced chicken on the salad.

# CHILLI GARLIC PRAWNS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 100g butter, chopped
- 2 tablespoons olive oil
- 3 garlic cloves, thinly sliced
- 3 red cayenne chilies, thinly sliced
- 1kg medium green king prawns, peeled (tails intact) and deveined
- 1 medium tomato, deseeded and finely chopped
- 2 tablespoons chopped fresh flat leaf parsley leaves
- Lemon wedges, to serve

## **METHOD**

Melt butter and oil in a large, deep frying pan over medium-high heat. Add garlic and chili. Cook, stirring, for 1 minute or until fragrant. Add prawns and cook, stirring occasionally for 2 to 3 minutes or until prawns are pink.

Stir in tomato and parsley. Serve with lemon wedges.





# COURGETTE, PEA & PESTO SOUP

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 1 tablespoon olive oil
- 1 garlic clove, sliced
- 500g courgettes, quartered lengthways and chopped
- 200g frozen peas
- 400g can cannellini beans, drained and rinsed
- 1L hot vegetable stock
- 2 tablespoons basil pesto, or vegetarian alternative

## **METHOD**

Heat the oil in a large saucepan. Cook the garlic for a few seconds, then add the courgettes and cook for 3 minutes until they start to soften.

Stir in the peas and cannellini beans, pour on the hot stock and cook for a further 3 minutes.

Stir the pesto through the soup with some seasoning, then ladle into bowls. Or pop in a flask to take to work.

# GRILLED GOATS CHEESE ON MUSHROOM

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 4 large Portobello mushroom
- Olive oil, for spraying
- 300g goats cheese
- 3 handfuls of rocket and young leaf spinach
- 4 large beef tomato, sliced
- 4 teaspoon good balsamic vinegar
- 4 teaspoon reduced fat pesto
- 15 walnuts, toasted and roughly chopped

## **METHOD**

Preheat the oven to 180°C / Gas Mark 4

Spray the mushroom with a little oil, bake for 5 minutes, then remove from the oven. Preheat the grill.

Top the mushroom with the goats cheese and then cook under the grill for 2 minutes until the cheese starts to turn golden.

Serve with the rocket, spinach and tomato, dressed in balsamic vinegar and pesto and sprinkled with walnuts.

# LEEK & GOATS CHEESE FRITTATA

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 3 tablespoons of unsalted butter
- 2 tablespoons olive oil
- 3 large leeks (white and light-green parts only), halved lengthwise, sliced on the diagonal ½ inch thick and rinsed
- Sea salt and ground black pepper
- 6 large eggs
- 1 teaspoon chopped fresh thyme
- 85g goats cheese, crumbled

## **METHOD**

Position a rack in the centre of the oven and heat the oven to 180°C.

Heat 2 tablespoons of the butter and 1 tablespoon of the olive oil in a 10-inch, ovenproof non-stick skillet over medium-high heat. When the butter has melted, add the leeks and a generous pinch of salt and cook, stirring, until the leeks are tender and lightly browned, about 6 minutes. Transfer to a plate, spread in an even layer and let cool briefly.

In a large bowl, whisk the eggs with a pinch of salt and several grinds of pepper. Add the leeks, thyme and goats cheese and gently stir to combine.

Wipe the skillet clean and heat the remaining butter and olive oil over medium-low heat. When the butter has melted, add the egg mixture and gently shake the pan to evenly distribute the leeks and cheese. Cook until the eggs begin to set around the edges, about 5 minutes. Gently shake the pan to be sure the frittata isn't sticking (if necessary, slide a spatula around the perimeter to release it).

Transfer the pan to the oven and continue to cook until the frittata is set in the centre, about 5 minutes. Remove from the oven and let sit for about 2 minutes.

Carefully slide the frittata onto a serving plate, cut into wedges, and serve warm or at room temperature with a simple garden lettuce salad and thinly sliced prosciutto or serrano ham on the side.

# LENTIL, ROAST PUMPKIN & ROCKET SALAD

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 100g green lentils or brown lentils, rinsed well
- 1 onion, peeled and halved
- 2 cloves garlic, peeled and halved
- 750g butternut pumpkin, seeds removed and cut into 3cm wedges
- Olive oil for spraying
- 80g baby rocket
- 200g feta, crumbled

## Dressing

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

## **METHOD**

Preheat oven to 200°C.

Place lentils, onion, garlic and ½ teaspoon of salt in a medium saucepan over high heat with 4 cups of cold water. Bring to the boil, reduce heat to medium and simmer for 15-20 minutes, when lentils are tender, drain.

Place pumpkin on a baking tray lined with baking paper, spray lightly with olive oil and season with salt and pepper. Bake for 40-45 minutes or until golden.

Meanwhile, in a small bowl whisk oil, lemon juice and mustard until combined and season to taste. In a large bowl toss the warm lentils, pumpkin, rocket and crumbled feta together gently.

Divide between plates and drizzle with the dressing.



# ORIENTAL CHICKEN SALAD

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 4 skinless, boneless chicken breasts
- 4 tablespoons clear honey
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoons sesame oil
- 1 garlic clove, crushed
- 2.5cm piece fresh ginger, peeled and grated
- 2 tablespoons sesame seeds, toasted
- Small bunch of fresh coriander, roughly chopped
- 1 large carrot, cut into fine matchsticks
- 1 bunch of spring onions, shredded
- ½ cucumber, peeled, halved, deseeded and cut into matchsticks
- ½ Chinese lettuce, finely shredded

## **METHOD**

Cut the chicken into thin strips and mix with the honey, vinegar and soy sauce. Leave to marinate in a non-metallic bowl for about 30 minutes.

Heat the sesame oil in a frying pan and cook the chicken over a high heat with any marinade for about 5 minutes until the chicken is cooked through, leaving some cooked marinade in the pan to use as the salad dressing.

To serve warm, toss in a large bowl with the remaining ingredients and eat immediately. To serve cold, leave the cooked chicken and marinade to cool and then toss with the remaining ingredients.

# CRISPY PANCETTA, SPINACH & RICOTTA BAKE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 200g diced pancetta
- 250g frozen chopped spinach, thawed and drained
- 2 cups fresh ricotta
- ¼ cup chopped mint leaves
- ¼ cup chopped flat leaf parsley leaves
- 4 eggs
- Seasoning

## METHOD

Preheat the oven to 180°C.

Line the base of an oven proof dish with ½ the pancetta. Place the spinach, ricotta, mint, parsley, eggs and seasonings in a bowl and mix to combine.

Spoon the mixture into the pancetta lined dish. Cover with the remaining pancetta and bake in the oven for around 35 minutes until the filling is set and the pancetta is crispy. Serve warm.

# PESTO-CRUSTED COD WITH PUY LENTILS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- Large pack basil, leaves only
- 4 garlic cloves, 2 whole, 2 crushed
- 50g pine nuts
- 2 lemon
- 100ml olive oil
- 4 cod fillets
- 4 red chillies, finely chopped
- 4 large tomatoes, roughly chopped
- 500g ready-to-eat Puy lentils

## **METHOD**

First, make the pesto. In a food processor, pulse the basil, whole garlic cloves, pine nuts, the juice of half the lemon and some seasoning, gradually adding most of the oil. Taste and adjust the seasoning.

Heat oven to 180°C/Gas Mark 4 and line a roasting tin with foil. Season the cod on both sides and coat each fillet in the pesto.

Cook for 8-10 minutes until a crust has formed and the cod is cooked through.

Meanwhile, heat the remaining oil in a small saucepan. Add the crushed garlic and the chillies and cook for a couple of minutes to release the flavour. Add the tomatoes and cook for 1 minute more. Tip in the lentils, squeeze over the other half of the lemon and then season.

Cook until piping hot to serve with the pesto cod.



# PARMESAN FRITTATA

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 1 tablespoon olive oil
- 1 red onion, finely diced
- ½ carrot, chopped
- 8 asparagus spears, chopped
- ¼ cup frozen peas
- 8 eggs
- A little green chilli, deseeded and chopped (optional)
- 2 tablespoons grated parmesan cheese

## **METHOD**

Heat the oil in a large omelette pan over a medium heat and stir fry the onion, carrot, asparagus and peas until lightly cooked.

Beat the eggs really well and season with salt and pepper, and the chilli if using. Add the eggs to the pan and cook over a medium heat for 5 minutes until the bottom has browned nicely.

Sprinkle with the parmesan, then pop under a medium grill for a further 5 minutes or until the top has set and is turning golden.





# SALMON WITH SPRING ONIONS & SOY SAUCE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 1 bunch white spring onions
- 4 fresh salmon fillets
- 2 fresh spicy chilli peppers
- 30ml extra-virgin olive oil
- 30g soy sauce

## METHOD

Clean the spring onions, eliminate the hard core and cut the onions lengthways. Remove the seeds from the chilli peppers and cut the latter into rings.

Heat a non-stick pan and add the salmon fillets, then the spring onions, the chilli pepper, the oil and the soy sauce.

Cook on a medium flame for 3 minutes, remove and serve.



# CLASSIC SALAD NIÇOISE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 2 large, ripe tomatoes
- Sea salt and ground black pepper
- 1 clove garlic, peeled and halved
- 1 small cucumber, peeled, seeded and sliced
- 2 spring onions or 1 small red onion, peeled and thinly sliced
- 55g small black olives, preferably niçoise olives, pitted or unpitted
- ½ head of lettuce, torn or shredded
- 3 hard-boiled eggs
- 200g cooked green beans (cooked al dente)
- 6 tablespoons (90ml) extra-virgin olive oil or French vinaigrette
- 2 tablespoons chopped fresh basil or flat leaf parsley
- Freshly ground black pepper
- 180g tin of tuna

## METHOD

Rub the clove of garlic all over the insides of a wooden salad bowl.

Cut the tomatoes into wedges and put them in a colander. Sprinkle them with salt and let them drain for a few minutes while you finish the salad.

Add the cucumber, onions, olives and lettuce to the bowl. Peel and cut the eggs into wedges. To make the hard-boiled eggs, begin with room temperature large eggs. Bring a small pot of water to a boil. Reduce the heat to a simmer and gently lower the eggs in. Let cook for 9 minutes. Remove the eggs from the water and plunk them into a bowl of ice water, cracking the shells a bit after a few minutes, which aids in peeling.

Mix the olive oil with the herbs and a bit of salt and pepper. Add the tomatoes to the bowl and toss most of the dressing with the salad, reserving a bit to drizzle over the eggs (if using tuna, toss that with the salad as well). Season with additional salt, if necessary.

Place the eggs on top of the salad and drape the anchovy strips over the eggs. Pour the remaining dressing over the eggs.

# SALMON FILLET WITH TIGER PRAWNS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 4x 150g middle-cut salmon fillets, skinned
- Sea salt and black pepper
- A sprinkling of paprika
- Fresh parsley, to garnish

## Topping

- 150g Boursin cheese
- 1 egg yolk
- 1 tablespoon lemon juice
- 2 tablespoons fresh parsley, chopped
- 12 cooked tiger prawns, shelled

## METHOD

Preheat your oven to 200°C/Gas Mark 6.

For the topping, mix together the Boursin, egg yolk, lemon juice and parsley until smooth. Season to taste. Stir in the prawns so that they are completely coated.

Arrange the salmon fillets on your baking tray. Season with salt and pepper. Spoon over the topping evenly, making sure that each fillet receives 3 prawns. Sprinkle with paprika.

Pop into the oven and cook for 15 minutes, until the salmon is cooked through.

Garnish with parsley and serve immediately.

# SCALLOPS WITH THAI-SCENTED PEA PUREE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 500g frozen petits pois
- 2 tablespoon green Thai curry paste
- 150g crème fraiche
- Sea salt and ground black pepper
- 4 teaspoons ground nut oil (or other flavourless oil)
- 24 large scallops (preferably diver caught)
- Juice of 1 lime
- 4 tablespoons chopped fresh coriander (or Thai basil)

## METHOD

Cook the peas in boiling, slightly salted water until tender, then drain and tip into a blender, adding 1 tablespoon curry paste and the crème fraiche. Season to taste with salt and pepper and perhaps add more curry paste, depending how strong it is.

Heat the oil and butter in a frying pan until foamy, then fry the scallops for about 2 minutes a side. If you are using big scallops then it is sometimes easier to cut them in half across. When they are cooked, they will have lost their raw look in the middle and be lusciously tender, while golden and almost caramelized on the outside.

Life the scallops onto 2 warmed plates and then deglaze the hot pan by squeezing in the lime juice. Stir to mix well and pick up every scrap of flavour, then pour this over the scallops on each plate.

Dish up the pea puree alongside the scallops and sprinkle with the chopped coriander or Thai basil. Serve with another wedge of lime if you feel like it.

# SOFT TOFU SCRAMBLE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 1 (16oz) packet soft or silken tofu
- 1 heaped tablespoon nutritional yeast
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch of turmeric (optional) for colour
- ¾ cup sautéed vegetables
- Pinch of black salt (optional) to garnish
- Sea salt and ground black pepper to taste

## **METHOD**

Cut the tofu into roughly 1 inch cubes. This may seem large, but the tofu will shrink considerably as it cooks and it will inevitably break apart a bit as you stir it due to its delicate texture, so it will resemble more of a scramble once you're done. The key for this recipe is to be gentle while handling and stirring the tofu so that it doesn't get too mushy.

Preheat a large non-stick pan over medium-high heat and add a few teaspoons of oil. Carefully transfer tofu to preheated pan. Allow the first side of the tofu cubes to cook undisturbed until a light golden brown 'skin' has formed. This may take quite a while, up to 3-5 full minutes depending on your tofu.

Once the first side is browned, very gently flip tofu with a spatula and continue to cook, flipping carefully every minute or so until roughly all sides have lightly browned. Reduce the heat to medium once most of the extra liquid has cooked off. Tofu will shrink considerably as it cooks.

Once the tofu has been browned evenly, stir in nutritional yeast, onion and garlic powder and a pinch of salt and pepper. Stir in your cooked vegetables of choice to heat through, along with any other add-ins such as vegan sausage, cheese etc. Stir in a generous sprinkle of black salt at the last minute before service if desired (the flavour/aroma of the black salt tends to diminish if it's cooked a lot).

# SPLIT PEA AND SMOKED HAM SOUP

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 1kg gammon or ham hock
- 200g split peas, soaked overnight
- 2 onions, roughly chopped
- 2 carrots, roughly chopped
- 2 bay leaves
- 1 stick celery, roughly chopped
- 300g frozen peas

## **METHOD**

Put the gammon in a very large pan with 2 litres of water and bring to the boil. Remove from the heat and drain off the water – this helps to get rid of some of the saltiness. Re-cover with 2 litres cold water and bring to the boil again. Put everything but the frozen peas into the pan and bring to the boil. Reduce to a simmer and cook for 1½ - 2½ hours, topping up the water as and when you need to, to a similar level it started at. As the ham cooks and softens, you can halve it if you want, so it is all submerged under the liquid. When the ham is tender enough to pull into shreds, it is ready.

Lift out the ham, peel off and discard the skin. While it is still hot (wear a clean pair of rubber gloves), shred the meat. Remove bay leaves from the soup and stir in the frozen peas. Simmer for 1 minute, then blend until smooth. Add a splash of water if too thick and return to the pan to heat through if it has cooled, or if you are making ahead.

When you are ready to serve, mix the hot soup with most of the ham – gently reheat if made ahead.

Serve in bowls with the remaining ham scattered on top.

# STUFFED MARROW BAKE

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 1 tablespoon of olive oil
- 1 onion chopped
- 1 garlic clove, crushed
- 1 tablespoon dried mixed herbs
- 500g pack turkey mince
- 2x 400g cans chopped tomatoes
- 1 marrow cut into 4cm thick slices
- 3 tablespoons grated parmesan

## METHOD

Preheat the oven to 200°C/Gas Mark 6.

Heat the oil in a large frying pan and cook the onion, garlic and 2 teaspoons of the herbs for 3 minutes until starting to soften. Add the turkey and brown all over, then tip in the tomatoes and cook for 5 minutes more.

Scoop out the middle of the marrow and discard or use for another recipe. Arrange the slices in a baking dish. Spoon the mince into the middle of each marrow slice, then spoon the rest over the top. Cover with foil and bake for 30 minutes.

Meanwhile, mix remaining herbs with the parmesan. Remove the marrow from the oven, uncover and sprinkle over the cheese mix. Return to the oven for 10 minutes more until top is golden and marrow is tender.

# THAI BEEF SALAD

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 300g rump steak, trimmed of fat
- 2 teaspoons ground nut oil
- Juice 1 lime
- 1 red chili, deseeded and sliced
- 1 tablespoon light brown soft sugar
- 85g bag baby leaf salad
- 140g beansprouts
- 140g red grapes, halved

## **METHOD**

Rub the steak with 1 teaspoon oil and season. Fry in a hot pan for 2-2½ minutes each side (depending on thickness), for medium rare. Transfer to a plate, cover loosely with foil and rest for 5 minutes.

Make the dressing by mixing the lime juice, chili, sugar and remaining oil in a bowl. Set aside until the sugar dissolves.

Divide the salad leaves, beansprouts and grapes between 2 serving bowls. Thinly slice the steak and add the juices to the dressing. Drizzle this over the salads, toss with the sliced beef and serve immediately.



# LAMB KEBABS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER; TO BE SERVED WITHOUT VEGETABLES

## **INGREDIENTS**

- 400g lean lamb, cubed
- 4 garlic cloves, crushed
- Juice of 2 lemon
- 4 teaspoon dried chilli flakes
- 2 red pepper, cored, deseeded and cut into chunks
- 4 tablespoons low fat Greek yogurt
- 15cm cucumber, finely diced
- Coriander leaves or flat leaf parsley, roughly chopped, to garnish
- Sea salt and ground black pepper
- 4 portions of green vegetables, steamed (lunch only)

## **METHOD**

Marinate the lamb by securing it in a Ziploc bag with the garlic, lemon juice, chilli flakes and some sale and pepper for at least 1 hours, ideally overnight.

Preheat the grill to high. Thread the lamb onto a soaked skewer, alternating with chunks of red pepper. Place under the hot grill and cook, turning frequently, until the lamb is brown and tender.

Meanwhile, combine the yoghurt and cucumber in a small bowl. Season to taste and garnish with chopped coriander or parsley. Serve the kebabs alongside your choice of seasonal green vegetables (for lunch only, to be served without vegetables if consuming for dinner).



# PESTO CHICKEN KEBABS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 400g cooked chicken breast
- 200g low fat Greek yoghurt
- 4 teaspoon green or red pesto
- 4 handfuls of coriander leaves
- 4 handfuls of flat leaf parsley
- Handful of mint
- 24 cherry tomatoes
- 2 spring onion
- 4 teaspoons olive oil
- Juice of 1 lemon
- Sea salt and ground black pepper

## **METHOD**

Cut the chicken breast into chunks and mix with the yogurt and pesto, then season to taste.

Finely chop the coriander, parsley, mint, tomatoes and spring onion. Dress the salad with the olive oil and lime juice, then season with the salt and pepper.

Skewer the chicken onto the kebab sticks, if you wish, or simply serve it on the herby salad.

# PUY LENTIL & HALLOUMI SALAD

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 2 teaspoon olive oil, for frying
- ½ onion, 1 carrot and 1 celery stalk, diced
- 150g Puy lentils
- 2 sprig of thyme
- 150ml white wine
- 300ml chicken stock
- 150g spinach
- 100g halloumi cheese
- Sea salt and black pepper

## **METHOD**

Heat the olive oil in a frying pan over a medium heat and fry the onion, carrot and celery until soft. Wash and drain the lentils and add to the pan with the thyme and white wine.

Bring to the boil, add the stock, reduce to a simmer and cook for 30-35minutes.

When the lentils are cooked, season well and add the spinach.

In a separate pan, fry the halloumi with a little olive oil over a very high heat for 30 seconds on each side and serve on top of the lentils.



# SCALLOPS & CHORIZO

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 100g Chorizo sausage
- 400g scallops
- Juice of 2 lemon
- 4 cos lettuce, chopped
- 20cm cucumber, halved, deseeded and sliced
- 24 sugar snap peas, sliced diagonally
- Handful of flat leaf parsley, chopped
- Lemon wedges to garnish

## **METHOD**

Gently fry the chorizo for 2 minutes in a dry, hot pan. Remove and set aside.

Now put the scallops in the pan and sear for 1 minutes each side.

Return the chorizo to the pan and squeeze over the lemon juice.

Combine the lettuce, cucumber, sugar snap peas and parsley to make a salad. (only to be served with salad if consuming at lunch).

Serve the scallops and chorizo on the salad and garnish with lemon wedges.

# SMOKED TOFU & PEANUT STIR-FRY

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 1 teaspoon sesame oil
- 1 garlic clove, crushed
- A little fresh ginger, peeled and finely chopped
- 125g smoked tofu, diced
- ½ red pepper, cored, deseeded and sliced
- 2 spring onions, sliced
- ¼ cup soya beans
- 1 cup mangetout, sliced diagonally
- 1 cup beansprouts
- 1 tablespoon reduced-salt soy sauce
- 1 teaspoon peanuts, toasted

## METHOD

Heat the sesame oil in a wok over a high heat and fry the garlic, ginger, tofu, red pepper, spring onions, soya beans, mangetout and beansprouts for 2 minutes.

Add the soy sauce, then sprinkle with the toasted peanuts and serve immediately.



# STEAK & CAULIFLOWER MASH & FENNEL

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 2 fennel bulb, quartered (lunch only)
- 2 teaspoon olive oil
- 4 x 100g fillet steak
- 6 cups cauliflower florets, steamed (lunch only)
- 3 teaspoon butter
- 3 teaspoon fennel seeds
- 4 portion of green vegetables, steamed (lunch only)
- Sea salt and ground black pepper

## METHOD

Preheat the oven to 200°C / Gas Mark 6.

Cut the fennel into wedges, spray with the olive oil and roast for 30 minutes or until golden.

Meanwhile, brush the steak with the olive oil, then season on both sides. Griddle over a high heat until cooked to your preference and then leave to rest for 5 minutes.

While the steak is cooking and resting, mash the steamed cauliflower with the butter and sprinkle with fennel seeds and season to taste.

Slice the steak and serve it alongside the mash, roasted fennel and any green vegetables you fancy for lunch; *to be served without sides if consuming at dinner.*



# VEAL WITH MUSTARD BUTTER & ASPARAGUS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER; TO BE SERVED WITHOUT VEGETABLES

## INGREDIENTS

- 30 asparagus spears
- 4 teaspoon of olive oil
- 4 teaspoon Dijon mustard
- 4 teaspoons softened butter
- 4 x 100g veal steak
- 4 portion of green vegetables, steamed or a mixed green salad to serve (*lunch only*)
- Sea salt and ground black pepper

## METHOD

Preheat the oven to 180°C / Gas Mark 4.

Over the asparagus with the olive oil and roast for 8 minutes. Mix the mustard into the butter and season with salt and pepper. Spread the mustardy butter thinly on both sides of the veal steak and pan-fry for 5-6 minutes, turning halfway.

Serve the veal with the asparagus and add the steamed green vegetables or a mixed green salad.

# DEVILLED TOFU KEBABS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

- 8 shallots
- 8 small new potatoes
- 2 tablespoons tomato puree
- 2 tablespoons light soy sauce
- 1 tablespoon sunflower oil
- 1 tablespoon clear honey
- 1 tablespoon wholegrain mustard
- 300g firm smoked tofu, cubed
- 1 courgette, peeled and sliced
- 1 red pepper, deseeded and diced

## METHOD

Put the shallots or button onions in a bowl, cover with boiling water and set aside for 5 minutes. Cook the potatoes in a pan of boiling water for 7 minutes until tender. Drain and pat dry.

Put tomato puree, soy sauce, oil, honey, mustard and seasoning in a bowl, then mix well. Toss the tofu in the marinade and set aside for at least 10 minutes.

Heat the grill. Drain and peel shallots or onions, then cook in boiling water for 3 minutes. Drain well. Thread the tofu, shallots, potatoes, courgette and pepper on to 8x 20cm skewers. Grill for 10 minutes, turning frequently and brushing with remaining marinade before serving.



# TOFU, GREENS & CASHEW STIR-FRY

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 1 tablespoon vegetable oil
- 1 head broccoli, cut into small florets
- 4 garlic cloves, sliced
- 1 red chilli, deseeded and finely sliced
- 1 bunch spring onions, sliced
- 140g soya beans
- 2 heads of pak choi, quartered
- 2x 150g packs marinated tofu pieces
- 1½ tablespoons hoisin sauce
- 1 tablespoon reduced-salt soy sauce
- 25g roasted cashew nuts

## **METHOD**

Heat the oil in a non-stick wok. Add the broccoli, then fry on a high heat for 5 minutes or until just tender, adding a little water if it begins to catch.

Add the garlic and chilli, fry for 1 minute, then toss through the spring onions, soya beans, pak choi and tofu.

Stir-fry for 2-3 minutes. Add the hoisin, soy and nuts to warm through.

# FALAFEL SALAD WITH HUMMUS

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## INGREDIENTS

### For the falafel

- 250g drained chickpeas, soaked overnight in cold water
- 1 small onion, roughly chopped
- 1 tablespoon sweet, milk paprika
- 2 tablespoons ground cumin
- 3 garlic cloves, crushed
- A small handful of flat leaf parsley, tough stalks discarded
- 1 teaspoon salt
- 1 tablespoon sesame seeds or toasted sesame seeds
- 3-4 tablespoons sesame seeds for coating the falafel (optional)
- 1L olive oil, corn or sunflower oil, for shallow frying
- Freshly ground black pepper

### For the hummus

- 2x 400g cans chickpeas, drained
- 4 tablespoons Greek yoghurt or cold water (for dairy free option)
- 150ml extra virgin olive oil, plus extra for drizzling
- 2 garlic cloves
- Juice of 1 large lemon
- 4-5 tablespoons tahini
- 1½ teaspoons salt
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon sumac, to garnish

## METHOD

For the falafel, drain the chickpeas and put them in a food processor or blender, discarding the soaking water. Pulse for about 30 seconds until the form large crumbs, then add the onion, paprika, cumin, garlic, parsley, coriander, salt and freshly ground black pepper. Pulse again until the mixture resembles coarse breadcrumbs. Taste and add more seasoning to your liking. Finally, add the sesame seeds and pulse another couple of times. Chill for 20-30 minutes, this will allow the chickpeas to soak up the herb juices.

To make the hummus, put all the ingredients, apart from 6 whole chickpeas and the sumac, into a food processor and whizz until really creamy. Adjust to taste as necessary with more lemon, tahini or seasoning. Spoon into a serving dish. Pour a little olive oil on top of the hummus and use the back of a spoon to flatten it and spread over the olive oil. This does two things, makes it look glossy and protects the surface from becoming dry. Sprinkle sumac on top and garnish with the reserve chickpeas.

Remove the falafel from the fridge and create around 20 smallish balls or oval shapes about the size of a walnut. Pour the sesame seeds, if using, into a bowl and drop in the falafel balls and coat one by one and set aside.

Warm the oil in a frying pan or wok and when it is very hot add a few falafel balls one next to the other. Shallow-fry each side over a medium heat for 2 minutes. Drain on kitchen paper and serve warm or at room temperature with the hummus and a selection of accompaniments.

# ROAST PUMPKIN, BROCCOLI SALAD WITH MUSTARD DRESSING

\*SERVES 2 AT LUNCH

\*SERVES 4 AT DINNER

## **INGREDIENTS**

- 600g pumpkin, sweet potatoes or butternut squash cut into thick wedges, 4cm at widest
- 5 tablespoons of olive oil
- 1 head of broccoli, cut into florets
- 2 tablespoons pumpkin seeds
- 1 quantity of honey mustard dressing
- 75g cheddar/ parmesan or vegan cheese, shaved
- Small handful of rocket
- Salt and black pepper

## **METHOD**

Preheat the oven to 180°C / gas mark 4.

Put the pumpkin wedges into a bowl with 3 tablespoons of the oil and seasoning. Toss to combine and then spread out onto a baking tray. Bake for 30 minutes or until soft. After 15 minutes add the broccoli, tossed in seasoning and the remaining oil. Continue to cook until the vegetables have just started to crisp and brown.

Put the pumpkin seeds onto another small tray and roast for 5 minutes or until they start to pop. Remove everything from the oven and tip into a serving bowl. Pour over the dressing and toss to coat and top with the shavings of cheese and rocket. Serve warm.

