



THE WEIGHT LOSS GURU



PESCATARIAN FOOD PLAN



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PESCATARIAN FOOD PLAN

	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	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	Poached egg & sliced smoked salmon	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
LUNCH	A portion of 'Salmon Fillet & Tiger Prawns' + puy lentils + vegetables	One large serving of 'Classic Salad Nicoise' + edamame beans	A large serving of 'Pesto-Crusted Cod + Puy Lentils' + vegetables	Large 'Scallops & Thai-Scented Pea Puree' + steamed vegetables + edamame beans	'Deville'd Tofu Kebabs' + sauerkraut + a portion of vegetables	A portion of Salmon Fillet & Tiger Prawns' + puy lentils + vegetables	'Almond Lemon Cod' + large garden salad and puy lentils
TEA SNACK	2 portions of fresh, seasonal fruit	2 portions of fresh, seasonal fruit	2 portions of fresh, seasonal fruit	2 portions of fresh, seasonal fruit	2 portions of fresh, seasonal fruit	2 portions of fresh, seasonal fruit	2 portions of fresh, seasonal fruit
SUPPER	'Chilli Garlic Prawns' + small portion of lentils	'Almond Lemon Cod' + small serving of puy lentils	'Soft Tofu Scramble' +	'Chilli Garlic Prawns' + small portion of edamame beans	A portion of 'Salmon Fillet with Spring Onions & soy sauce' + small serving of lentils	A large portion of 'Tarka dal'	One portion of 'Classic Salad Nicoise'

***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.*



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.



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.

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.



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.

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.



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).

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.

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.



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.



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.

ORIENTAL VEGAN CHICKEN SALAD

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 500g vegan chicken alternative
- 4 tablespoons maple syrup
- 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 vegan 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.

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 crispen 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.

