



RECIPE PACK

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EGG FREE BUCKWHEAT PANCAKES



Serves: 3
Prep: 20 mins
Cook: 20 mins



Nutrition per serving:
228 kcals 9g Fats
36g Carbs 5g Protein



WHAT YOU NEED:

- 2 tbsp. chia seeds
- ½ cup (100g) buckwheat flour
- 1 medium banana
- ½ cup plant milk (150ml)
- 1 tsp. ground cardamom
- 1 tsp. vanilla paste
- zest of 1 lemon
- 4 tsp. honey
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO:

In a small cup combine 2 tablespoons of chia seeds with 4 tablespoons of water and leave in the fridge for about 20 mins.

Zest the whole lemon and set aside half for the topping. Mash the banana in a bowl and add in the chia seeds, flour, milk, cardamom, vanilla, half the lemon zest and 1 tsp. honey. Whisk everything well until a thick batter has formed.

Heat some of the coconut oil in a non-stick pan then pour the batter forming small pancakes (about ¼ cup per pancake). Fry until bubbles appear on the surface and then flip and cook for another minute. Repeat with the rest of the batter adding more coconut oil when required. You should be able to make about 6 small pancakes.

Combine 3 tsp. of honey and the rest of the lemon zest to make the drizzle.

TUNA & POTATO SALAD WITH ORANGE DRESSING



Serves: 4
Prep: 20 mins
Cook: 20 mins



Nutrition per serving:
429 kcals 19g Fats
34g Carbs 30g Protein



WHAT YOU NEED:

- 17.6 oz. baby potatoes (500g)
- 1 cup green beans (180g)
- juice of 1 orange
- 2 tbsp. mustard
- 4 tbsp. olive oil
- 1 medium red onion
- 3 eggs, boiled
- lettuce leaves
- 4 small tomatoes
- 11.2 oz. tuna pieces, in water, drained (320g)
- 10 black olives

WHAT YOU NEED TO DO:

Halve the potatoes and cook in water with salt for 15 minutes. Add in the green beans in the last 5 min.

In the meanwhile, make the dressing by mixing together the orange juice, mustard and olive oil. Season with salt & pepper. Cut the onion into thin rings and mix through the dressing.

Drain the potatoes and beans, and mix with the dressing. Allow to cool a little.

In the meantime, cook the eggs and wash a few lettuce leaves. Cut the tomatoes into quarters. Place the lettuce leaves on a serving platter and then place the potato and bean mix on top. Top this with the eggs, tomato's, tuna and black olives.

CURRY ASPARAGUS SOUP



Serves: 4
Prep: 15 mins
Cook: 45 mins



Nutrition per serving:
121kcal **5g Fats**
18g Carbs **4g Protein**



WHAT YOU NEED:

- 1 lb. white asparagus (450g)
- 2 shallots
- 1 tbsp. coconut oil
- 1 medium potato
- 2 vegetable stock cubes
- 1 tbsp. curry powder
- 2 tbsp. soya single cream

WHAT YOU NEED TO DO:

Peel the asparagus and cut off the bottoms, but keep it for the bullion. Chop the asparagus into smaller pieces.

Chop the shallots and heat the olive oil in a large pot. Fry the shallots with the curry powder for 2-3 mins, then add the asparagus shavings and bottoms. Cover this with 1 litre of water, add the stock cubes, bring to boil and simmer on low heat for 30 mins.

In the meantime peel and chop the potato in small cubes.

Pour the bullion through a sieve and make sure you squeeze out all the liquids with a spoon. Add the potato to the bullion and gently simmer it for another 15 mins until the potato is soft.

Once cooked blend the soup with a hand blender, season with salt and pepper and serve with chopped parsley.

MEXICAN LETTUCE WRAPS



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
246 kcals 8g Fats
20g Carbs 22g Protein



WHAT YOU NEED:

- 1 onion, chopped
- 1 tbsp. coconut oil
- 10.5 oz. lean ground beef (300g)
- 14 oz. Mexican stir-fry vegetables (400g) (corn, green beans, red pepper, leek)
- 2 tsp. Mexican spice mix
- 14 oz. can kidney beans (400g)
- lettuce leaves

WHAT YOU NEED TO DO:

Heat the oil in a wok and fry the onion for 2-3 mins on low heat. Add the meat, turn up the heat and cook for 3 min. Add in the vegetables and Mexican spices and stir fry for another 4 min, stirring often.

In the meantime, drain the beans & rinse under cold running water. Turn the heat to low, add the beans and cook for 2 mins. Season with pepper and salt if necessary. Wash and dry the lettuce leaves.

Serve the Mexican stir fry wrapped in lettuce leaves with a dollop of crème fraiche and salsa (optional).



BROCCOLI & CHICKEN STIR FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
544 kcals 19g Fats
57g Carbs 38g Protein

WHAT YOU NEED:

- 1 broccoli head, around 14oz. (400g)
- 1 large pak choi
- 2 yellow peppers
- 2 garlic cloves
- 2 tsp. minced fresh ginger
- 8 oz. egg noodles (230g)
- 4 skinless chicken thighs
- 1 lime
- 2 tbsp. coconut oil
- 1/3 cup oyster sauce (80ml)
- 2 tbsp. water

WHAT YOU NEED TO DO:

Cut the broccoli into small roses and the pak choi into strips. Halve the peppers, remove the seeds and cut into strips. Chop the garlic finely, peel and grate the ginger. Cook the noodles for 5 minutes in salted water, and once cooked drain and set aside.

In the meantime cut the chicken into strips and heat the oil in a wok. Stir fry the garlic, ginger and chicken strips for 2 mins.

Add in the broccoli, paprika, oyster sauce, water and stir fry for 5 mins. Add the pak choi cook for another 1 min. Add the noodles and heat for another 1 min. Season with pepper.

Serve with lime wedges.

AVOCADO & BASIL TOMATOES ON TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
332 kcals 19g Fats
35g Carbs 10g Protein



WHAT YOU NEED:

- 4 medium slices of whole wheat bread
- 10 cherry tomatoes
- handful fresh basil leaves
- 1 tsp. olive oil
- 1 avocado

WHAT YOU NEED TO DO:

Toast the bread in a toaster or oven.

Cut the tomatoes in half and chop the basil, then place in a small bowl. Drizzle with olive oil and season with salt and pepper.

Half the avocado, remove the pit and spoon out the flesh, then cut into thin slices.

Add the avocado slices and season with pepper and a little salt. Top with the tomatoes and serve.



MEAT FREE SPAGHETTI



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
375 kcals 8g Fats
53g Carbs 19g Protein

WHAT YOU NEED:

- 10.5 oz. whole wheat spaghetti, or a gluten free alternative (300g)
- 3 sweet pointed peppers
- 1 tbsp. oil
- 1 onions
- 1 tsp. Italian herbs
- 14 oz. can chopped tomatoes (400g)
- 12 vegetable balls (store bought)
- 2 tbsp. capers
- 4 tbsp. black olives, sliced

WHAT YOU NEED TO DO:

Cook the spaghetti according to the directions on the packaging. In the meantime, halve the peppers, remove the stalk and seeds and cut in half-rings. Chop the onion.

Heat half the oil in a pan and fry the onion and Italian herbs for 3 min on low heat. Add in the peppers and cook for another 2 min. Next add the tomatoes and allow to cook for 5 minutes on low heat. Season with salt and pepper.

In the meantime, heat the rest of the oil in a separate frying pan and heat the vegetable balls for 5 minutes on medium heat.

To serve, divide the spaghetti into bowls and pour the tomato sauce over, topping with olives, capers and the vegetable balls.

VEGETARIAN LASAGNE



Serves: 6
Prep: 20 mins
Cook: 40 mins



Nutrition per serving:
353 kcals 8g Fats
52g Carbs 16g Protein



WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 celery stalk, chopped
- 1 onion, chopped
- 2 carrots, chopped
- 1 red pepper, chopped
- 2 garlic cloves
- 1 bay leaf
- 2 cups red split lentils, cooked (300g)
- 1 tbsp. tomato puree
- 1 lb passata (500g)
- 9 oz. lasagne sheets (250g)
- 1 cup cottage cheese, pureed (225g)
- ½ cup grated cheese, (50g)
- 2 tomatoes sliced

WHAT YOU NEED TO DO:

Cook the lentils according to instructions on packaging.

Heat oil in large saucepan and sauté the onions, celery, carrots and garlic on low heat for 5 mins. Add in the pepper and continue to cook for a further 5 mins. Stir in the lentils, tomato puree, passata, bay leaf and one cup of stock. Reduce heat and simmer for 10mins. Season with salt and pepper to taste.

Pre heat the oven to 350F (180C). Spread a third of the lentil mixture to the bottom of a baking dish (approx. 9" x 7"), then cover with a single layer of lasagne sheets. Repeat this for another 2 layers.

Spread the pureed cottage cheese on top and then sprinkle with the cheese. Top with the sliced tomatoes. Bake for 30-40 mins, until heated throughout and browned on top.

RASPBERRY SMOOTHIE BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
186 kcals 5g Fats
34g Carbs 4g Protein



WHAT YOU NEED:

- 1 medium ripe banana
- 1 cup frozen raspberries (230g)
- ½ cup plant milk (150ml)
- 2 tbsp. chia seeds
- toppings of choice

WHAT YOU NEED TO DO:

Slice the banana and place it in a high speed blender or food processor, along with the frozen raspberries, milk and chia seeds. Blend until smooth.

Serve immediately in a bowl with your favourite toppings.

CHIA SEED PUDDING



Serves: 2
Prep: 5 mins
Chill: 6-8 hrs.



Nutrition per serving:
214 kcals 12g Fats
21g Carbs 6g Protein



WHAT YOU NEED:

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. maple syrup
- 2 tbsp. coconut yogurt
- raspberries, to serve

WHAT YOU NEED TO DO:

Place the chia seeds, maple syrup and the coconut yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.

Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.