

Dinner





Homemade Bolognese

Bolognese is a really handy way to get loads of vegetables into 1 dish!

1. Prepare your vegetables and sauté the onions and peppers in a large saucepan for 3-4 minutes before adding the garlic and mushrooms and 1 pinch of salt. Fry for an additional 2 minute before adding in the minced beef.
2. Break up the mince with fork or spatula adding in the turmeric, oregano and veg bouillon. Once the meat has browned add in the grated carrots and courgette.
3. After 2-3 minutes add the passata sauce and leave to gently simmer for about 12-15 minutes until the vegetables soften.
4. Serve over courgette spaghetti, or in a roasted pepper (see recipe below)

Bolognese Stuffed Peppers

1. Preheat the oven to 180 °C. Half the peppers, remove the seeds, brush with some olive oil and bake for 20 minutes.
2. After 20 minutes is up spoon the hot bolognese sauce into the pepper topping off with grated cheese on top before returning to the oven for a further 10 minutes.
3. Serve with a side salad and enjoy!

Ingredients – serves 4

- 500g of mince
- 1/2 red pepper diced into small cubes
- 1 medium carrot grated
- 1/2 courgette
- 80g of mushrooms
- 1 medium onion diced
- 2 cloves of garlic crushed
- 1 tsp of dried oregano
- 1 tsp of seaweed flakes
- 1/2 tsp of turmeric
- 400g of tomato passata
- 1 tsp of vegetable bouillon

 High Protein

 Healthy Fats

 High Fibre

 Low Sugar

 Gut Health

Chilli Con Carne

1. Prepare your vegetables and set aside.
2. To a pan add 2 tablespoons of olive oil over medium to high heat. First sauté the onions and peppers for 4-5 minutes before reducing heat to medium and adding the garlic. Fry for an additional minute stirring frequently so it doesn't burn. Next add your minced beef and begin to brown before adding in oregano, turmeric, cumin, smoked paprika, bouillon and chilli flakes. Mix everything together to infuse flavours.
3. Once the meat has browned add in your grated carrot, sweetcorn, kidney beans, seaweed flakes and tomato passata. Turn up the heat and once it starts bubbling reduce heat to low and simmer for 15 minutes.
4. When the mince is nearly cooked add in a square of dark chocolate.

You can serve this so many ways!

- In a burrito style bowl with brown rice, lettuce, guacamole and creme fraiche.
- With cauliflower rice or cauliflower loaded steaks. See side dish recipes
- In a lettuce wrap or gluten free pita at lunch time



Ingredients – serves 6

- 2 tbsp of olive oil
- 500g of 10% fat beef mince
- 1 onion diced finely
- 1/2 red pepper chopped into cubes
- 100g of grated carrot
- 100g of corn (freeze leftovers)
- 100g of kidney beans (freeze leftovers)
- 1 stalk of celery sliced
- 300ml of tomato passata
- 1 tsp of oregano
- 1 tsp of bouillon
- 1 tsp of seaweed flakes
- 2 tsp of cumin
- 2 tsp of smoked paprika
- 1/2 tsp of turmeric
- 1/4 tsp of chilli flakes
- 1 square of grated dark chocolate
- Fresh or frozen coriander (optional)



Ingredients – serves 4

- 1 tbsp coconut oil
- 1 medium onion
- 1/2 tsp ground turmeric & cumin
- 2 tsp of curry powder or paste
- 1 inch piece of freshly grated ginger
- 3 cloves garlic
- 1 can coconut milk
- 1 red pepper
- 100g of mushrooms
- 10 basil leaves
- 1 tbsp of tamari
- 200ml of bone broth or veg stock
- 2 large handfuls baby spinach
- 400g of leftover chicken

Creamy & Mild Curry with leftover chicken

1. Finely chop the onion, garlic and grate the ginger and slice the mushrooms and peppers.
2. Add the oil to the pan, over a medium-high heat and firstly add the onion and peppers and cook until the onion begins to soften. Once the onion has softened, reduce heat to medium and add in the ginger and garlic and gently sauté to bring out the flavours for 1-2 minutes.
3. Next add in the mushrooms and a pinch of salt. Fry for an additional 2-3 minutes, stirring regularly before adding in your spices. Stir well coating all of the vegetables.
4. Once the vegetables are well coated in spices, add in your chicken stock, basil, tamari and coconut milk. Bring to the boil and then add in the spinach and leftover chicken or cooked prawns.
5. Simmer for 4-5 minutes until all the vegetables are cooked but still have a nice bite to them
6. Serve with whole grain rice, quinoa or cauliflower rice.

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Panang Curry with Prawns



Directions

1. Add the coconut oil to the pan and slowly fry off the garlic and ginger on a low heat so as not to burn. Then add your curry paste and move around the pan to release the flavours.
2. Next add the fish sauce and Tamira along with the chicken stock and coconut milk and bring to the boil.
3. Once it begins to boil, give it a stir before adding in the prepared vegetables and basil. Simmer for 8-10 minutes.
4. While you are waiting boil the rice noodles for 8-10 minutes
5. Once the vegetables are cooked add in the prawns and cook through (you can also use cooked leftover chicken or tofu here).
6. Rinse the noodles with boiling water and it's ready to serve.

Ingredients – serves 2

- 1 tbsp coconut oil
- 1 large clove of garlic
- 1 tsp of of grated ginger
- 3 tsp of Thai Gold paste; panang or red curry
- 1 tbsp fish sauce
- 1 tbsp tamari soy sauce
- 6 basil leaves shredded
- ½ tin full fat coconut milk
- 200ml of chicken stock
- 50g broccoli
- 50g red pepper slices
- 1 medium carrot peeled into strips with peeler
- 300g of cold water prawns
- 70g of rice noodles or edamame spaghetti for a lower carb version.



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Asian Salmon Quinoa Bowl



Ingredients – serves 2

- 2 skinless salmon fillets
- 50g quinoa
- 75g green beans
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1/2 tsp bouillon
- 1 tsp grated fresh ginger
- 2 tbsp tamari
- 1 tsp chicory root syrup
- 1 fresh chilli
- 1 small carrot, julienne
- 1-2 tbsp chopped coriander to garnish

Directions

1. Preheat oven to 180 °C
2. Mix together in a bowl the chopped garlic, ginger, chicory root syrup, tamari and half of the coriander.
3. Tear off a large piece of tinfoil and place it into a baking dish. Add the salmon to this and pull up the edges of the foil to form a well to prevent the liquid from escaping. Pour over the sauce, seal the edges and cook in the oven for 15-18 minutes.
4. Meanwhile cook the quinoa as per the packet instructions, adding the half teaspoon of bouillon.
5. Dice the green beans into small pieces, and steam over a pot or boil for 5-6 minutes.
6. When the quinoa is cooked, add to a mixing bowl with the green beans, remaining coriander, a splash of tamari and flake in the salmon. Mix until combined then sprinkle with fresh chilli and grated carrots.

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Cod and Ratatouille



Directions

1. Preheat your frying pan to medium - hot and add your butter and olive oil.
2. Once the butter begins to bubble add the cod flesh side down and turn down the heat to medium.
3. Cook for approximately 1-2 minutes before turning so the skin side is on the pan.
4. Cover your pan with a lid or a plate and cook for 2 minutes. Once 2 minutes is up take the lid off, tilt your pan so the butter runs to the side and use a tablespoon to spoon the hot butter over the cod before replacing the lid again. Repeat step 5 a couple of times until there's no more butter left on the pan.
5. Cod should only take 6-8 minutes to cook depending how thick the piece is you can use a knife to carefully check if the inside has been cooked before serving.
6. Serve with warmed ratatouille and a handful of spinach or rocket leaves and drizzle with pesto.

Ingredients – serves 2

- 2 portions of ratatouille (see side dishes)
- 2 cod or hake fillets
- 20g of real butter
- 1 handful of baby spinach leaves
- 1 tbsp olive oil
- 1 tbsp pesto

 Plant Based Protein

 Healthy Fats

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Pesto and Walnut Crusted Salmon

1. Add the salmon and cherry tomatoes to a baking dish. Squeeze some lemon juice over the salmon and roast for 10 minutes before removing and covering each salmon fillet with 1 tablespoon of pesto and sprinkling with some chopped walnuts.
2. Season with salt and pepper and return to the oven for 8 minutes.
3. This is such a quick and easy dish if you are tired after work. You can serve it with pesto rice, salad, courgette spaghetti or simple potatoes and vegetables.

This combination is also really nice with trout and sundried tomato pesto. If you don't have walnuts you can sprinkle with seeds.

Ingredients – serves

- 2 salmon dardnes/ fillets
- 2 tbsp of pesto
- 12 cherry tomatoes
- 6 walnuts, chopped
- Wedge of Lemon



Healthy Fats



Low Sugar



High Protein



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Smoked Mackerel Kedgeree

1. Heat the oil in a large saucepan and add the chopped onion, and the chilli (if using). Cook over a gentle heat for several minutes until soft and just starting to brown. Add the ginger, curry powder, garam masala and turmeric. Cook for a couple more minutes until fragrant.
2. Add the rice and give it a good stir around, then add the chicken stock. Bring to a simmer then turn the heat right down and cover with the pan lid, cook for 5 minutes and then add in the peas. You may have to turn up the heat again and cook for a further 10 minutes until the rice is tender and has absorbed the stock.
3. Meanwhile cook the eggs in boiling water for 6/7 minutes. Rinse under cold water until cool enough to handle and peel.
4. Discard the skin from the mackerel fillets and break into large flakes, then mix gently through the rice. Cut the eggs into quarters and serve on top of the kedgeree. Scatter over the chives, drizzle with yogurt and serve with the lemon wedges to squeeze over.



Ingredients – serves 2

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 green chilli, deseeded and finely chopped (optional)
- 15g root ginger, finely grated
- 1 tbsp medium curry powder
- 1 tsp garam masala
- 1 large pinch of ground turmeric
- 200g brown basmati rice. Bring to the boil and rinse before adding to step 2.
- 500ml chicken stock
- 2 large eggs
- 150g frozen peas, defrosted
- 200g smoked mackerel fillets
- 2 x lemon wedges
- 2 tbsp of natural yoghurt

Moroccan Lamb Stuffed Aubergine



Tip: Look for a circular bud rather than a thin slit and there'll be less seeds!



Ingredients – serves 4

- 2 aubergine
- 1 onion
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 3 cloves minced
- 3 tbsp olive oil
- 1 tsp veg bouillon
- 1 tsp chopped rosemary
- 400g of lamb mince
- 1/2 of red pepper diced
- 1 tsp of paprika
- 1/4 tsp dried chilli flakes
- 1 wedge of orange
- 150ml passata
- 1 tsp seaweed flakes
- 80g of grated cheese

Directions

1. Preheat oven to 190°C, half each aubergine length ways and score in a criss-cross pattern. Season with salt and pepper and drizzle with 2 tablespoons of olive oil before baking for 20-25 minutes.
2. Preheat your pan to medium and add 1 tbsp olive oil. To this add in the rosemary, diced red pepper and onions. Fry for 3-4 minutes until onions begin to soften, then add the chopped garlic and chilli flakes and fry for another 1-2 minutes.
1. Next add in your mince, start the browning process and then season well with paprika, cinnamon, cumin, seaweed flakes and bouillon.
2. Squeeze in the wedge of orange and add the remaining skin to the sauce pan. Once all the mince is well coated in spices add in the passata. Simmer for 10-12 minutes to allow flavours to infuse.
3. Meanwhile check the aubergine using a knife to see if the flesh has softened. Once ready remove from oven and allow to cool slightly before scooping out the insides of the aubergine and adding the cubes to your mince mix. Spoon the mince and aubergine mix back into the aubergine shells. Cover each with about 20g of grated cheese and bake for a further 10 minutes before serving.

Air Fryer Lamb Kofta

1. Preheat air fryer or oven to 200 degrees.
2. Soak the bamboo skewers for at least 20 minutes in cold water, you might have to trim to the size of your air fryer.
3. In a large bowl, combine all of the ingredients and use your hands to mix well. Form into 4-6 oval shaped logs and slide the logs onto the skewers.
4. Line your air fryer with some non toxic parchment paper - I like the "If you Care Brand." Place the lamb koftas onto the paper and air fry for for 10 to 12 minutes, until nicely browned. Alternatively you can bake in the oven for 18-20 minutes at 180°C
5. Leave to rest for about 5 minutes before serving.
6. Serve with some coleslaw and salad or gluten free pita bread.



Ingredients – serves 2

Can easily be doubled for more servings

- 450-500g lamb mince
- 2 cloves garlic, finely minced
- 2 tbsp chopped fresh coriander
- 1 tbsp cumin
- 1 tbsp ground coriander
- 1 tsp smoked paprika
- 3/4 teaspoon salt
- 1/2 tsp black pepper

- See Side Recipes for Coleslaw

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