Weight Loss Recipes

Recipes

Please note these are suggestions only. Stick to the weight loss guidelines you have been given to create your own recipes too.

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Cinnamon Millet Porridge (Serves 2)

Ingredients

100g millet
200ml water
200ml almond milk
1/2 tsp ground cinnamon
Zest of half lemon
2 tbsp shelled hemp seeds

Method

Bring the water and milk to the boil, then add the millet and simmer for 12-15 minutes, until cooked and plump. If it is too thick, add a splash of milk.
Take off the heat and stir in the zest and cinnamon. Sprinkle the hemp seeds on top.

Quinoa Porridge (Serves 1)

Ingredients

50g quinoa
1 medium apple, thinly sliced
½ tsp cinnamon
Coconut or almond milk

Method

Rinse the quinoa well and place in a pan with about double the volume of water. Bring to the boil, cover, reduce the heat and gently simmer for 10 minutes or until the grain unwraps itself. Turn off the heat and leave to cool slightly, then drain any remaining water. Add the thinly sliced apple and cinnamon. Serve with coconut or almond milk.

Buckwheat Pancakes with Summer Berries (Serves 6 large pancakes)

Ingredients

355ml of water
3 Tbsp. coconut oil
120g buckwheat flour
1 tsp. aluminium free baking powder
½ tsp. salt
1 tsp. vanilla

Method

Blend all ingredients together to make a batter.
Heat extra virgin olive oil in a non-stick frying pan. Add spoonful's of batter to make pancakes about 8-10cm across. Cook for a couple of minutes until set on the bottom and bubbles appear on the surface, then flip and cook the other side. Keep the pancakes warm in a low oven while you finish up the batter.

Kale Chips (Multiple servings)

Ingredients

Large head of kale
Small bowl of olive oil
Iodized sea salt

Method

Preheat oven to 220°C/fan 200°C/gas mark 7. Remove kale from stalk, cutting the greens into strips. Place a little olive oil in a bowl, dip your fingers and rub a very light coating of oil over the kale. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a little brown. Keep an eye on it; it can burn quickly. Turn the kale over, add a little salt, curry, or cumin to taste and bake another 5 minutes. Remove and serve.

Black Olive Tapenade (Serves 4)

Ingredients

200g drained pitted black olives
2 garlic cloves, peeled and crushed
1 tsp lemon juice
Add olive oil for a thicker, creamier paste

Method

Blend all the ingredients in a food processor until smooth.
Transfer to a clean screwtop jar and place in the fridge until required. It will keep for 5 days in the fridge.

Guacamole (Serves 4)

Ingredients

4 Avocados
Juice of 1 lemon
1 red onion, finely diced
2 garlic cloves, crushed
½ bunch coriander, finely chopped
½ bunch flat leaf parsley, finely chopped
Freshly ground black pepper

Method

Mash avocado with all other ingredients and add black pepper to taste.

Hummus (Serves 4)

Ingredients

200g dried chickpeas, cooked
Juice of half a lemon
1 large garlic clove
1 tbsp tahini
75ml extra virgin olive oil
1 tsp sea salt to taste

Method

Blend all the ingredients together until smooth and creamy. If you want a smoother consistency, add an extra drizzle of olive oil or a splash of water.
Taste and adjust seasoning if required.

Flaxseed Crackers (Serves 8)

Ingredients

200g ground flax seeds
Juice from ½ lemon
2 tbsp gluten free soy sauce (tamari)
2 cloves garlic
1 tbsp fresh ginger
1 handful fresh herbs – Basil, Parsley or Oregano

Method

Place all the ingredients in a food processor/blender and blend until combined. (Most flax seeds will have been crushed but some will have remained almost whole which is fine but make sure the garlic and ginger is completely ground).
Remove from the blender and spread on baking paper until it is ⅛ inch thick or less.
Dehydrate – place baking paper on a baking tray and place in the oven at 50°C/fan 30°C/Gas Mark ¼ (or less if possible). Dehydration may take up to 12 hours; after 6 to 8 hours turn over. The longer dehydration takes the crispier the crackers.

Frittata with Cherry Tomatoes and Baby Spinach (Serves 1)

Ingredients

2 organic eggs
1 tsp mild or medium (not extra virgin) olive oil
100g cherry tomatoes, cut in half
250g baby spinach
Chopped fresh basil
Chopped fresh parsley

Method

Preheat the oven to 200°C/fan 180°C/gas mark 6
Whisk the eggs with 2 tbsp of water
Heat the oil in a cast iron pan, frittata plate or frying pan with 1 tbsp of water. Add the tomatoes and spinach and cook until spinach begins to wilt. Sprinkle over the herbs
Pour in the eggs and transfer to the preheated oven
Bake for 10-12 minutes until well risen and golden brown
Serve in slices, with a side salad

Broccoli and Puy Lentil Soup (Serves 4)

Ingredients

200g Puy lentils
1 onion, chopped
1 large head of broccoli
1.5L of water
1 vegetable stock cube

Method

Add all ingredients to a pan, simmer for about 45 minutes. Blend until smooth.

Stir Fried Brown Rice (Serves 1)

Ingredients

2 tablespoons extra virgin olive oil
50g Cooked brown rice
Coarse sea salt
2 sheets toasted nori seaweed
1 teaspoon toasted sesame oil
1 teaspoon tamari sauce
1 teaspoon toasted black sesame seeds
2 spring onions, white and light green parts only thinly sliced

Method

Heat the olive oil in a large non-stick skillet set over high heat. Add the rice, along with a big pinch of salt, and cook, stirring, until warmed through and just beginning to brown for 2 to 3 minutes, using scissors, shred the nori finely and add it along with the remaining ingredients. Stir to combine and serve immediately.

Bean and Spinach Soup (Serves 4)

Ingredients

100g white kidney beans (cannellini), canned or home-cooked
100g kidney or red beans, canned or home-cooked
900g fresh spinach, washed, drained, and chopped
1.5L veg stock
2 medium onions, chopped
1 large clove garlic, minced
1 tsp. dried basil
1 tbsp. dried parsley
1 tsp. dried oregano
Black pepper, to taste

Method

Combine all ingredients and simmer for about 45 minutes, until onions are soft.

Carrot, Coriander and Red Lentil Soup (Serves 4)

Ingredients

1kg carrots
200g red lentils
1 onion, chopped
1.5L vegetable stock
Good handful of coriander (fresh)

Method

Put all ingredients except coriander in a pan and simmer for 45 minutes.
Add coriander and cook for couple of minutes.
Blend until smooth

Minestrone Soup (Serves 6)

Ingredients

1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
1.5 L vegetable stock or water
1 bay leaf
2 x 400g can tomatoes with juice
455g fresh green beans, cut into 1" pieces

Method

In a 6 qt. pot, sauté onion, celery, carrot and garlic until softened.
Add stock or water, tomatoes and bay leaf. Bring to the boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally.
Stir in green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

Beetroot, Fennel and Apple Soup (Serves 4)

Ingredients

2 tbsp extra virgin olive oil
1 fennel bulb, green parts discarded, white parts diced
1 onion, diced
2 garlic cloves, finely minced
Coarse sea salt
3 medium beetroot, peeled and roughly chopped
2 small apples, peeled and roughly chopped
1.5L vegetable stock
Freshly ground black pepper
Few chives finely chopped for serving

Method

Heat the olive oil in a soup pot over medium heat. Add the fennel, onion, and garlic along with a big pinch of salt and cook, stirring now and then, until softened but not browned, about 10 minutes.
Add the beetroot and apples to the pot and pour in the stock. Turn the heat to high, bring the soup to the boil, then turn the heat down and let the soup simmer until the beetroot and apples are completely soft, for about 30 to 35 minutes.
Carefully puree the soup in a powerful blender and season to taste with the salt and pepper. Serve with the chives sprinkled on top.

Grilled Salmon with Nicoise Salad (Serves 4)

Ingredients

4 eggs
125g fine green beans, trimmed and halved
2 little gem lettuces
1 red onion, thinly sliced
225g cherry tomatoes, halved
4 tbsp black olives
4 x 125g salmon steaks
1 lemon, sliced into wedges

Dressing
3 tbsp extra virgin olive oil
1 tbsp lemon juice
½ tsp Dijon mustard
1 small clove of garlic, crushed

Method

Place the eggs in a saucepan of cold water. Bring to the boil and cook for 5 minutes. Drain and plunge into cold water, then peel.
Steam or boil the green beans for 2 minutes. Drain.
Tear the lettuce into bite sized pieces and place in a bowl with the onions, tomatoes, olives and green beans.
Heat the grill. Brush the salmon steaks with a little olive oil then cook under the grill for about 2-3 minutes each side.
Toss the salad with the dressing. Divide into 4 bowls. Place a salmon steak on top of each. Slice the eggs into quarters and arrange next to the salmon with the lemon wedges.

Quinoa with Butternut Squash (Serves 4)

Ingredients

½ butternut squash, peeled and cut into small dices
Extra virgin olive oil
Coarse sea salt
1 tbsp freshly squeezed lemon juice
200g cooked quinoa
3 spring onions, white and light green parts only thinly sliced
Bunch of finely chopped Italian parsley

Method

Preheat the oven to 200°C/fan 180°C/gas mark 6
Toss the squash with 2 tablespoons of olive oil and a pinch of salt on a sheet pan and roast until soft, for about 15 minutes.
Meanwhile whisk the lemon juice with 3 tablespoons of olive oil in a large mixing bowl along with a big pinch of salt.
While the squash is warm, toss it into the dressing bowl along with the quinoa, spring onions and parsley. Taste the mixture and add a bit more salt or lemon if you feel it needs it.

Home-made Beans on Squash Bread Toast (Serves 4)

Ingredients

For the bread
1 small butternut squash
300g brown rice flour
2 tsp gluten free baking powder
1 tsp herbal seasoning (optional)
2 tbsp olive oil

Method

Preheat the oven to 200°C/fan 180°C/gas mark 6
Place the whole butternut squash on a baking tray and bake for 45 minutes or until very soft. Cool on the tray for 30 minutes.
Carefully peel the skin from the squash and cut away the stalk. Transfer to a large bowl and break open using a spoon. Scoop out and discard any seeds. Mash well with a potato masher. Measure out 375g and place in a large bowl.
Add the flour, baking powder and seasoning. Stir in 65ml of cold water and the olive oil and mix together with a large spoon. Place on a lightly floured surface and knead until soft and spongy. Add a little more flour if the mixture is too sticky. Form into a round loaf 12cm in diameter.
Place on a lightly oiled baking tray and make a cross on the top with a sharp knife. Bake for 30-35 minutes.
Remove from the oven and using oven gloves carefully turn upside down. It should sound hollow when tapped on the base. If it doesn't, return to the oven for 5 minutes

Ingredients

For the beans
400g can organic tomatoes
200g can kidney beans
4 slices Squash Bread
1 tsp chopped fresh oregano

Method

Place the tomatoes in a small pan and bring to the boil. Lower the heat and simmer for 20 minutes, breaking up the tomatoes as they cook. Add the beans and cook for a further 5 minutes.
Toast the bread, top with the beans mixture and serve garnished with the fresh oregano.

Tomato and Lentil Soup (Serves 6)

Ingredients

300g red lentils
4 Carrots, finely chopped
1 Stick Celery
4 cloves Garlic, finely chopped
1 Onion, finely chopped
2 x 400g cans tomatoes
1 bunch leaves basil
1.2 litres vegetable stock
black pepper
1 small bunch finely chopped Parsley

Method

Add all ingredients in a pan and simmer for about an hour. Blend until smooth.

Spicy Quinoa (Serves 4)

Ingredients

200g quinoa
1 ½ tbsp olive oil
½ onion diced
1 tsp. grated fresh ginger root
½ fresh green chopped chili
1 heaped tsp turmeric
1 heaped tsp coriander
¼ tsp ground cinnamon
410ml water
75g fresh or frozen peas
Sea salt to taste

Method

Rinse quinoa with cold water.
Place the oil and diced onions in a heavy saucepan, sauté the onions on medium heat for four to five minutes.
Add the ginger root, chilli, and quinoa. Cook for one minute stirring constantly. A fine, white spiral appears around the grain as it cooks.
Stir in the turmeric, coriander, cinnamon and salt. Cook for one minute stirring occasionally.
Add the water and bring to the boil. Cover, reduce heat, and simmer for 15 minutes.
Stir in peas. Cover and cook for 4-5 minutes or until peas are tender and all the water has been absorbed.
Fluff with a fork before serving.

Chickpea and Cauliflower Curry (Serves 4)

Ingredients

2 tbsp coconut oil or mild or medium (not extra virgin) olive oil
3 tbsp medium curry paste
2 large onions, sliced
½ cauliflower, broken into small florets
200g chickpeas
400ml can coconut milk
210ml hot vegetable stock
1 tbsp tamari
250g fine green beans
Handful of coriander, torn or roughly chopped
A little sea salt

Method

Put the oil and the curry paste in a large frying pan or wok and fry the onions over a medium heat for around 5 minutes to soften them. Add the cauliflower and chickpeas to the pan and stir to coat them in the other ingredients.
Pour in the coconut milk, stock and tamari, and stir. Bring to the boil, then cover and simmer over a gentle heat for around 30 minutes or until the cauliflower is fairly soft.
Stir in the green beans and cook for another 5 minutes or so until they are tender. Check the seasoning, add salt if necessary and scatter with the coriander leaves before serving.

Turkey Burgers (Makes 4 burgers)

Ingredients

4 shallots roughly chopped
2 small cloves garlic, crushed
2 teaspoons dried oregano crushed with your fingertips
8 large basil leaves
3 handfuls baby spinach
Zest of 1 lemon
1 teaspoon coarse sea salt
Pinch of freshly ground black pepper
500g turkey mince
2 tablespoons extra virgin olive oil

Method

Blitz the shallots, garlic, oregano, basil, spinach, lemon zest, salt and pepper together in a food processor until finely chopped. Place the mixture in a large bowl along with the turkey and mix with your hands or a rubber spatula to thoroughly combine.
Form the mixture into 4 patties. At this point it is ideal to refrigerate the burgers for a least 1 hour or as long as overnight, to really let the flavours settle in, but they'll still be A-OK if you don't have this extra time.
Heat a grill or a grill pan over medium high heat. Brush the burgers with the olive oil and cook until firm to the touch and nicely browned, 7 to 8 minutes per side.

Turkey Meatballs (Serves 4)

Ingredients

1 small onion, roughly chopped
2 garlic cloves, roughly chopped
8 fresh sage leaves
8 large fresh basil leaves
Leaves from 4 sprigs of thyme
Leaves from a 5 inch sprig of rosemary
Bunch parsley
1 large handful of coriander, roughly chopped
500g turkey mince
1 teaspoon coarse sea salt
½ teaspoon freshly ground black pepper
Approx 800g tomato sauce (see end of recipe booklet)
3 table spoons extra virgin olive oil

Method

Combine the onion, garlic, herbs and coriander in the bowl or a food processer and pulse it until very finely chopped. Transfer the mixture to a large mixing bowl along with the turkey, salt and pepper. Use your hands to thoroughly combine all the ingredients, then roll the mixture into golf ball sized meatballs.
Place the tomato sauce in a large pot set over low heat and let it get warm.
While the sauce is warming, heat the olive oil in a large non-stick skillet over medium-high heat. Cook the meatballs in batches if necessary until they are browned all over 2 to 3 minutes on each side.
Transfer the browned meatballs to the simmering tomato sauce and partially cover the pot. Let the meatballs cook gently for ½ hour, carefully stirring every now and then to make sure they're cooking evenly.

Roast Cod on Spiced Puy Lentils (Serves 4)

Ingredients

2 tbsp. olive oil, plus extra for greasing
2 tsp mild curry powder
4 x 200g pieces thick cod fillet

For the spiced puy lentils
200g puy lentils
1 tbsp olive oil
2 large garlic cloves, finely chopped
1 medium-hot red chilli, deseeded and finely chopped
½ tsp ground cumin
1 small red onion, finely chopped
4 tbsp fresh chicken stock
Lemon juice, to taste
3 tbsp chopped fresh coriander

Method

Preheat the oven to 220°C/fan 200°C/gas mark 7. Make the spiced lentils. Cook the lentils in a pan of simmering water for 20 minutes, or until tender.
After 15 minutes, mix the olive oil for the fish with the curry powder. Brush all over the cod and season.
Heat an ovenproof frying pan over a medium-high heat. Grease with a little oil and add the cod, meaty-side down. Fry for 2 minutes until light golden brown, turn over and transfer the pan to the oven. Roast for 5 minutes.
Drain the lentils. Heat the oil in a clean pan. Add the garlic, chili and cumin. Once sizzling, stir in the lentils, onion and stock, until warmed through. Add the lemon juice and season to taste. Stir in the coriander.
Spoon onto warmed plates. Place the cod on top.

Spicy Black Beans and Tomatoes (Serves 4)

Ingredients

1 tsp. olive oil
1 small onion, chopped
2 cloves garlic, minced
1 can chopped tomatoes or 2-3 fresh tomatoes, chopped
4 diced green chilies
200g canned black beans, drained
½ tsp. cumin
½ tsp. paprika
¼ tsp. chili powder
1 Tbsp. chopped fresh coriander or parsley

Method

Sauté chopped onion and minced garlic in olive oil over medium heat until tender.
Add tomatoes and green chilies. Reduce heat and cook uncovered for 6-8 minutes or until thickened.
Stir in beans and remaining ingredients. Cover and heat for 5 minutes more.

Tomato Basil Chicken (Serves 2)

Ingredients

1 Tbsp. lemon juice
1 ½ tsp. fresh rosemary, minced
¼ tsp. salt
Dash pepper
2 tsp. olive oil
2 organic chicken breasts
2 large or 4 medium tomatoes, diced
1 Tbsp. minced fresh basil
2 onions, minced
2 tsp. balsamic vinegar

Method

Combine lemon juice, rosemary, oil, salt and pepper in a medium dish and add chicken. Coat on all sides; cover and refrigerate for ½ to 1 hour. Drain marinade and discard.
Preheat grill and brush some olive oil on the grill rack. Grill chicken 4 inches from the heat for 6-8 minutes on each side.
Combine remaining ingredients in a small saucepan and cook over medium heat until heated through. Serve with chicken.

Millet Falafel with Avocado and Tomato Relish (Makes about a dozen falafel)

Ingredients

For the falafel
100g raw millet, rinsed
Coarse sea salt
50g cooked chickpeas, crushed with a potato masher
4 spring onions, white and light green parts only, thinly sliced
2 tbsp finely chopped parsley
1 lemon
Extra virgin olive oil

For the relish
100g chopped tomatoes
1 ripe avocado, diced
2 teaspoons chopped parsley
2 spring onions, white and light green parts only, thinly sliced
2 teaspoons freshly squeezed lemon juice
2 tablespoons extra virgin olive oil
Coarse salt

Method

Start the falafel by combining the millet with 355ml of water and a big pinch of salt in a saucepan. Bring to a boil, lower the heat, cover the pot, and cook until the millet is very soft and all the liquid has been absorbed, about 25 minutes.
For the relish, combine all the ingredients in a bowl, seasoning to taste with salt. Set aside.
Stir the chickpeas, spring onions, and parsley into cooked millet. Using a microphone grater, zest the lemon and stir the zest into the millet mixture along with 2 tablespoons of olive oil. Using a potato masher, crush the mixture until it holds together a bit.
Preheat the oven to 130°C/fan 110°C/gas mark ½ and line a baking sheet with parchment paper.
Set a non-stick skillet over medium high heat and coat the bottom with a slick of olive oil. Drop large tablespoons of the millet mixture into the pan with a bit of space between each spoonful. Press each tablespoonful down with the back of the spatula to form a thick pancake. Cook until browned and crisp, about 3 minutes per side, set the cooked falafel on the prepared baking sheet and put them in the warm oven while you cook the rest of the millet mixture, adding more olive oil to the skillet if necessary.

Arroz con Pollo (Chicken with Rice) (Serves 2)

Ingredients

65ml extra virgin olive oil
1 large diced onion
1 minced clove of garlic
100g uncooked brown rice
200ml boiling chicken stock
½ tsp. salt
1 tsp. paprika
1/8 tsp. saffron
100g frozen peas
2 pimiento peppers cut into strips or 1 sliced mild red pepper
Cooked chicken (250g shredded)

Method

On low heat sauté onion, garlic and rice in the oil until onion looks done.
Add chicken stock, salt, paprika, and saffron. Cover tightly and cook over low heat, about 40 minutes, until rice has absorbed all the liquid and is tender.
Add chicken, pimiento, and peas. Cover again and place in a 160°C/fan 140°C/gas mark 3 oven for 15 minutes.

Quinoa Tabbouleh (Serves 2-4)

Ingredients

100g cooked quinoa
25g chopped parsley
1 bunch spring onions, chopped
25g fresh mint
1 garlic clove, pressed
1 fresh red chilli, finely chopped
Lettuce leaves, whole
45g olives, sliced
120ml lemon juice
1 tbsp minced fresh basil (or 1/2 tsp dried)
60ml olive oil
Salt and pepper

Method

Place all ingredients except lettuce and olives in a mixing bowl and toss together lightly. Chill for 1 hour or more to allow flavours to blend. Wash and dry the lettuce leaves and use them to line the salad bowl. Add the quinoa and garnish with the olives.

Lentil, Spinach and Squash Curry (Serves 4)

Ingredients

1 tbsp mild or medium (not extra virgin) olive oil
2 red onions, chopped
4 garlic cloves, crushed
1 medium butternut squash, unpeeled, deseeded and cubed
2 tbsp curry powder
600ml (1pt) vegetable stock
200g dried split red lentils, rinsed and drained
400g can chopped tomatoes
4 tbsp baby leaf spinach
2 tsp sea salt
Freshly ground black pepper
Handful of coriander, finely chopped

Method

Heat the oil in a saucepan and gently sweat the onion and garlic for around 5 minutes to soften them.
Stir in the butternut squash and curry powder, then pour in the stock, lentils and tomatoes, and bring to the boil. Cover and simmer for around an hour, stirring occasionally, to let the squash soften and the sauce reduce.
Stir in the spinach, cover for a few minutes while it wilts, then season to taste with the salt, pepper and coriander.

Grilled Salmon with Grilled Lemon Vinaigrette (Serves 4)

Ingredients

4 skinless boneless salmon fillets
2 tablespoons extra virgin olive oil, plus 100ml for the vinaigrette
Coarse sea salt
2 lemons, halved
2 tablespoons finely chopped parsley
2 tablespoons finely chopped chives
Freshly ground black pepper

Method

Heat a grill or grill pan over high heat. Coat the fish with the 2 tablespoons of olive oil and sprinkle with salt. Grill until firm on the touch, about 4 minutes each side, depending on the thickness. Be sure to grill the lemons at the same time for the vinaigrette. Grill them alongside the salmon, cut side down, until they're softened and just beginning to char.
Transfer the salmon to a serving platter and let it rest while you prepare the vinaigrette.
Squeeze the grilled lemons into a bowl. Whisk in the 100ml cup olive oil, stir in the herbs, and season to taste with salt and pepper. Pour the vinaigrette over the salmon and serve immediately.

Steamed Fish with Spicy Sesame Oil (Serves 4)

Ingredients

Four fillets of white fish (flounder, sole, cod, snapper, hake, halibut etc)
Tamari sauce
Sesame oil

Method

Place the fish in a steamer, cover and cook until the fish is opaque, roughly 5-10 minutes depending on the thickness of the fish.
Transfer the fish to a serving platter and finish it with a few drops of tamari sauce and sesame oil.
Serve with green veg or salad

Lamb Tagine (Serves 4)

Ingredients

Bunch coriander leaves plus 2 tablespoons roughly chopped for serving
6 cloves garlic, peeled
A 2-inch knob of fresh ginger garlic, peeled
1 small onion, peeled and roughly chopped
½ teaspoon ground cumin
½ teaspoon freshly ground black pepper
3 tablespoons extra virgin olive oil
Coarse sea salt
1kg boneless lamb top round, cut into 2 inch cubes
A pinch of saffron
400ml chicken stock
200g tinned chickpeas, drained and rinsed
450-625g squash stemmed, seeded and cut into 2 inch pieces
1 small preserved lemon, finely chopped (optional)

Method

Combine the coriander leaves with the garlic, ginger, onion, cumin, pepper and olive oil in a powerful blender along with a large pinch of salt. Blend everything together until completely pureed.
Place the lamb in a large bowl and pour the marinade over it. Using your hand, make sure every bit of meat is covered with the marinade. Cover the bowl with plastic wrap and set it in the fridge for at least 6 hours, or as long as overnight.
Take the lamb out of the fridge and let it sit at room temperature for ½ hour.
Preheat the oven to 170°C/fan 150°C/gas mark 3. Place the lamb, along with all of the marinade, into the large, heavy pot set over medium-high heat. Cook, stirring now and then, until completely browned all over, a solid 15 minutes.
Once the lamb is just browned, sprinkle it with the saffron, stir to combine, and just add the chicken stock. Bring the mixture to a boil and use the wooden spoon to scrape up any bits that might have stuck to the bottom. Turn the heat off.
Cut a piece of parchment paper to fit inside the pot, crunch it up into a ball, and wet it. Smooth out the damp parchment and lay it over the lamb like a blanket. Put the lid on the pot and tuck it into the oven for 1 ½ hours.
Take the lid off the pot and set aside the parchment. Stir the chickpeas and squash into the pot, put the parchment back and the lid on, and return the pot to the oven for a final ½ hour. The lamb should be meltingly tender and squash should be cooked through but not disintegrated. Season the tagine to taste with salt and serve immediately, scattered with the preserved lemon and chopped coriander.

Vegetarian Chilli (Serves 4)

Ingredients

1 tbsp mild or medium (not extra virgin) olive oil
1 clove garlic, crushed
1 medium onion, finely chopped
1 medium carrot, finely chopped
1 red pepper, finely chopped
1 yellow pepper, finely chopped
800g can chopped tomatoes
2 teaspoons chilli powder
¼ teaspoon dried oregano
200g tinned pinto or kidney beans

Method

Sauté vegetables in oil for 5 minutes then add other ingredients and simmer for approx 10 minutes (until vegetables are tender)

Vegetable Casserole (Serves 4)

Ingredients

225g carrots, sliced
350g turnips, diced
4 celery sticks, sliced
1 red onion, chopped
2 garlic cloves, crushed
150g fine green beans, halved
350g cauliflower, broken into florets
1 tsp paprika
1 tsp ground coriander
300ml vegetable stock
400g can of chopped tomatoes with herbs
Salt and freshly ground black pepper

Method

Place the carrots, turnips, celery, red onion, garlic, green beans and cauliflower in a large pan.
Sprinkle over the paprika and coriander, and stir in the vegetables to coat them evenly in the spices.
Add the stock and stir in the chopped tomatoes. Season to taste.
Bring the pan to the boil. Reduce the heat, cover and simmer for 30 minutes until the vegetables are tender.
Remove the cover, turn up the heat and allow the mixture to bubble vigorously for 5 minutes to reduce some of the liquid.
The cauliflower will break down quite a bit after 30 minutes cooking and helps to thicken the casserole. If you prefer your cauliflower with a bit more bite, add it to the pan for the last 15 minutes of cooking time.

Chicken Satay Skewers (Serves 4)

Ingredients

For the sauce

4 tbsp cashews, lightly toasted in a dry frying pan and finely chopped
4 tbsp sugar free cashew nut butter
2 tbsp groundnut oil or untoasted sesame oil
2 tbsp water
2 garlic cloves, crushed
2 heaped tbsp root ginger, peeled and grated
1 tbsp mild red chilli, finely chopped
3 heaped tbsp finely chopped fresh coriander
4 spring onions, very finely sliced
1-2 tsp tamari
2-3 tbsp toasted sesame oil
Juice of 1 lemon or 2 limes

For the chicken

4-5 organic chicken breasts, skinless and boneless, cut into bite-sized pieces
2 tbsp medium or mild (not extra virgin) olive oil
1 tbsp tamari

Method

If you are using wooden skewers, soak them for 30 minutes in water.
Make the satay sauce by stirring all the ingredients, except the toasted sesame oil and lemon or lime juice, together. Alternatively if you want to save time on the chopping and grating, whizz the ingredients together in a blender. Then add the reserved oil and juice little by little, testing for consistency and taste. Spoon the sauce into a small bowl.
Preheat the grill to a high heat. Place the chicken in a bowl, drizzle with the oil and tamari and mix to coat. Thread the chicken onto skewers.
Grill the chicken for around 10 minutes, turning occasionally so that it cooks evenly, until the meat is cooked through and the juices run clear. Serve with the sauce.

Tofu and Bean Burgers (Makes 6-8)

Ingredients

1 onion, peeled and quartered
1 garlic clove, peeled and chopped
1 carrot, trimmed peeled and grated
410g can red kidney beans, drained and rinsed
220g tofu, cut in 2cm cubes
75g sunflower seeds
1 small bunch fresh parsley
2 tsp wheat-free vegetable bouillon powder

Method

Preheat the oven to 200°C/fan 180°C/gas mark 6. Line a baking tray with greaseproof paper.
Place all the ingredients in a food processor and blend until the mixture is roughly chopped but not smooth.
Remove the blade, take handfuls of the mixture and shape into medium sized balls. Place on the baking tray and press down gently to form burger shapes. You should get 6-8 burgers.
Transfer to the oven and bake for 25 minutes or until golden brown in colour.

Chicken Breasts Stuffed with Olives, Sage and Walnuts (Serves 4)

Ingredients

4 organic or free range chicken breasts, skinless and boneless
150g Kalamata olives, pitted
1 garlic clove
Handful fresh sage leaves
100g walnut halves
4 tbsp mild or medium (not extra virgin) olive oil plus a little extra
Freshly ground black pepper

Method

Preheat the oven to 180°C/fan 160°C/gas mark 4. Rub a little oil over the base of a roasting tin.
Carefully cut a slit in the side of each chicken breast to create a pocket.
Blend, or finely chop and mix together, the olives, garlic, sage, walnuts and oil until fairly smooth.
Stuff each chicken breast with the olive mixture. Rub the excess over the top of each chicken breast and place them in the roasting tin.
Put the roasting tin on a baking tray and cook for around 20-25 minutes or until the meat juices run clear. Sprinkle with black pepper before serving.

Shitake, Spring Onion and Bok Choi Stir-fry with Quinoa (Serves 1)

Ingredients

50g cooked quinoa
handful of spring onions, washed and sliced
1 tbsp extra virgin olive oil
10 shitake mushrooms, washed and sliced
2 stalks bok choi, washed and sliced
1 garlic clove, chopped
1 tbsp tamari (wheat free) soy sauce

Method

In a wok, cook the spring onions in the olive oil for a couple of minutes. Add the shitake mushrooms, bok choi and garlic and continue to stir-fry for 1 minute. Toss in the tamari and stir-fry for a further couple of minutes.
Add the cooked quinoa to the wok to heat through then serve.

Moroccan-style Chicken with Quinoa (Serves 4)

Ingredients

1 large onion, chopped
3 cloves garlic, crushed
275ml chicken stock
4 organic chicken breasts
1 x 400g can chopped tomatoes
2 tsp ground cinnamon
1 tsp ground ginger
Handful of apricots, chopped
Bunch fresh coriander, chopped
200g cooked quinoa

Method

Put the onion, garlic and chicken stock into a saucepan over a medium heat and bring to the boil.
Boil for five minutes, or until reduced in volume by half.
Add the chicken, tomatoes, cinnamon, ginger and apricots. Return the mixture to the boil, then reduce the heat to low, cover with a lid and simmer very gently, stirring occasionally, for about an hour.
Stir in the coriander and cook for a further five minutes. Serve with the quinoa.

Five-a-day Tagine (Serves 4)

Ingredients

4 carrots, cut into chunks
3 aubergines, cut into slices
3 red onions, cut into wedges
2 red peppers, deseeded and cut into chunks
2 tsb olive oil
1 tsp cumin
1 tsp paprika
1 tsp cinnamon
1 chilli, finely chopped
400g can tomatoes

Method

Heat oven to 200°C/fan 180°C/gas mark 6. Scatter the vegetables over a couple of baking trays, drizzle with half the oil, season, then rub the oil over the vegetables with your hands to coat. Roast for 30 minutes until tender and beginning to brown.
Meanwhile, fry the spices and chilli in the remaining oil for 1 minute-they should sizzle and start to smell aromatic. Tip in the tomatoes and a can of water. Simmer for 5 minutes until the sauce is slightly reduced. Then stir in the vegetables.

Vegetable and Bean Chilli (Serves 4)

Ingredients

1 tbsp olive oil
1 clove garlic, finely chopped,
Thumb-sized piece ginger, finely chopped
1 large onion, chopped
1 red and yellow pepper, deseeded and chopped
1 tbsp chilli powder
100g red lentils, washed and drained
2 x 400g cans chopped tomatoes
100g kidney beans in water, drained

Method

Heat the oil in a large pan. Cook the garlic, ginger, onion and peppers for about 5 minutes until starting to soften. Add the chilli powder and cook for 1 minute more.
Stir in the lentils, tomatoes and 250ml of water. Bring to the boil and cook for 15-20 minutes. Add the beans and cook for a further 10 minutes.

Vegetable Stock

Ingredients

1 large yellow onion, peeled and roughly chopped
2 large carrots, peeled and roughly chopped
1 stalk celery, roughly chopped
1 large leek, thoroughly washed and roughly chopped
3 garlic cloves, peeled and whacked with the side of your knife
4 sprigs of Italian parsley
4 sprigs fresh thyme
2 sprigs of fresh tarragon
1 bay leaf
1 teaspoon coarse salt
1 teaspoon black peppercorns
3 litres cold water

Method

Combine everything in a pot. Bring to a boil, lower the heat and simmer for 45 minutes. Let the stock cool and strain into a clean container. Discard the solids. Keeps for a week in an airtight container in the refrigerator or for 6 months in the freezer.

Chicken Stock

Ingredients

1 whole 3-4 pound organic chicken, washed
1 teaspoon black peppercorns
1 bay leaf
2 stalks celery, roughly chopped
1 large onion, peeled and roughly chopped
2 carrots, peeled and roughly chopped
3 sprigs of parsley
2 sprigs of thyme
1 teaspoon coarse sea salt

Method

Put all the ingredients into a large soup pot, cover with cold water and bring to a boil over high heat. Skim any foam that rises to the top, turn the heat to low and simmer for 1 ½ hours.
Let the stock cool then strain into containers to freeze for up to 6 months.
Discard the cooked aromatics- their flavour will be spent at this point. The cooked chicken makes great chicken salad or you can shred it into strained broth, add a couple of fresh carrots cut into coins and some diced celery, and enjoy some delicious soup.

Tomato Sauce (Makes 6-8 portions)

Ingredients

2 tablespoons extra virgin olive oil
6 garlic cloves, thinly sliced
4 large fresh basil leaves
4 x 400g cans whole peeled tomatoes with their juice
Coarse sea salt
Freshly ground black pepper

Method

Heat the olive oil in a large saucepan over low heat, add the garlic, and cook for 5 minutes. Add 2 of the basil leaves and stir for 1 minute.
Add the tomatoes with their juice and the 2 remaining basil leaves. Turn the heat to high. Bring the sauce to a boil, turn the heat to low, season with salt and pepper, and let it bubble away on low heat for 45 minutes, stirring occasionally and crushing the tomatoes with a wooden spoon.
Cool and refrigerate. This sauce keeps for a week in an airtight container in the refrigerator.