



Vegetarian Recipes

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GF Gluten Free

DF Dairy Free

V Vegetarian

N Contains Nuts

LC Low Carb (30g - serve)

MP Meal Prep/Freezer Friendly

HP High Protein (20g+ per serve)

Q Quick (under 30 mins)

Avocado, Tapenade & Egg Toast

Serves 2

2 eggs, boiled
1 ripe avocado
2 slices favourite bread
2 tbsp. tapenade
coriander leaves, to serve
microgreens, to serve (optional)

What you need to do

1. Boil the eggs for 7 minutes. Toast the bread.
2. Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.
3. Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	386	26	25	12

*Nutrition per serving

Asian Style Scrambled Eggs

Serves 2

3 eggs
2 egg whites
1 tbsp. soy sauce
2 tsp. sesame oil
1 ¼ cup (200g) mixed Asian vegetables
1 tsp. black sesame seeds
coriander, to serve

What you need to do

1. Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.
2. Heat 1 tsp. of sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 minutes until tender. Transfer onto a plate.
3. Add egg mixture to a pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.
4. Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.
5. Remove from heat and serve with the prepared vegetables — top with fresh coriander and additional sesame seeds, to serve.

GF DF LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	206	11	6	15

*Nutrition per serving

Goats Cheese & Avocado On Toast

Serves 2

4 small slices bread
1 ripe avocado
¼ cup (30g) goats' cheese
1 tbsp. black sesame seed
½ lime, juice
hot chili pepper or flakes, to
serve

What you need to do

1. Toast the bread. In the meantime, smash the avocado with a fork and then divide among the bread slices.
2. Top with crumbled goat cheese. Season with salt and pepper, then drizzle with lime juice and sprinkle with sesame seeds, and chili to taste.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	370	22	35	11

*Nutrition per serving

Avocado, Feta & Pomegranate Toast

Serves 2

2 slices wholemeal bread
1 avocado
¼ cup (50g) feta cheese,
crumbled
¼ pomegranate, seeds
mint leaves, to garnish

What you need to do

1. Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.
2. Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	322	21	27	9

*Nutrition per serving

Breakfast Salad Bowl

Serves 2

2 slices bread of choice
2 handfuls salad leaves per bowl
2 baby cucumbers, sliced
2.6 oz. (75g) feta cheese, cubed
2.6 oz. (75g) blueberries
2 tbsp. pumpkin seeds
1 tbsp. olive oil
2 tsp. honey
½ lemon, juiced

What you need to do

1. Toast the bread and tear into small pieces.
2. Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.
3. Lastly, drizzle with olive oil, honey, and lemon juice.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	317	17	32	10

*Nutrition per serving

Superfood Breakfast With Fried Egg

Serves 2

2 cups (300g) broccoli
2 tbsp. coconut oil
1 garlic clove, minced
¼ onion, chopped
2 tbsp. (20g) pumpkin seeds
1 tbsp. (20g) dried cranberry
lemon juice
4 eggs

Spices:

½ tsp. ground turmeric
½ tsp. chili flakes
½ tsp. paprika
½ tsp. oregano

What you need to do

1. Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make the broccoli rice.
2. Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.
3. Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If needed, add a little water to avoid burning. At the end of cooking, drizzle with lemon juice.
4. In a separate frying pan, heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	397	26	27	18

*Nutrition per serving

Cottage Cheese, Avocado & Sun-dried Tomato Breakfast Wrap

Serves 4

1 $\frac{3}{4}$ cups (400g) cottage
cheese
2 avocados, stone removed
4 medium corn wraps
 $\frac{2}{3}$ cup (100g) sundried
tomatoes
4 handfuls lettuce

What you need to do

1. Heat the wraps according to the instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt and pepper.
2. Next, divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	365	21	31	14

*Nutrition per serving

Tropical Breakfast Smoothie Bowl

Serves 2

2 bananas, frozen slices
4.4 oz. (125g) mango, frozen cubes
 $\frac{2}{3}$ cup (160ml) coconut water
 $\frac{1}{3}$ cup (80ml) coconut milk
handful blueberries, topping
1 kiwi, peeled and sliced, topping
2 tbsp. coconut chips, topping
2 tbsp. granola, topping

What you need to do

1. Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.
2. Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve immediately.

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	345	8	69	5

*Nutrition per serving

Raspberry & Flaxseeds Smoothie Bowl

Serves 1

3 tbsp. flaxseeds
½ cup (100ml) water
1 cup raspberries, frozen
3 heaped tbsp. (50ml) beetroot juice
2 tbsp. natural yogurt (or plant based)
1 tsp. raw cacao nibs

What you need to do

1. Boil the water in the kettle.
2. Place the flaxseeds in a small pot and add in the water, cook for around 5 minutes, until the water turns sticky. Then take off the heat and allow to cool slightly.
3. Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.
4. Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	240	13	28	8

*Nutrition per serving

Bounty Oats With Dark Chocolate

Serves 3

1 cup oats (90g/3.17 oz.)
2 tbsp. desiccated coconut
6.7 fl. oz. (200ml) coconut milk
2 tbsp. coconut sugar or honey
1.7 oz. (50g) dark chocolate,
chopped
handful raspberries

What you need to do

1. Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce the heat, and cook covered for about 10 minutes. In the meantime, stir 2-3 times.
2. Remove the lid, add coconut milk and sugar. Mix and remove from the heat.
3. Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.

HP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	341	18	36	6

*Nutrition per serving

Overnight Vanilla Yogurt Oats

Serves 2

1 ½ cup (350ml) vanilla yoghurt, soy or normal
5 tbsp. (30g) rolled oats
1 tbsp. honey
2-4 strawberries, sliced
1 kiwi, sliced

What you need to do

1. In the evening, mix the yoghurt and rolled oats, then refrigerate overnight in a jar.
2. In the morning, add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	249	5	41	9

*Nutrition per serving

Banana Protein Pancakes

Makes 6

1 cup (90g) oats
1 ripe banana
½ cup (115g) cottage cheese
¼ cup egg whites (1-2 eggs)
4 tbsp. coconut milk, from a carton
½ tsp. cinnamon
½ tsp. baking powder
¼ cup (45g) dark chocolate chips (70%)

What you need to do

1. Place all ingredients except the chocolate chips into a blender and blitz until smooth. Next, stir in the chocolate chips.
2. Fry the pancakes on a dry non-stick pan, over medium-high heat for 2-3 minutes each side.
3. The batter will allow to make around 6 small pancakes. To serve, top with your favourite toppings.

Note: Nutrition information is per 3 small pancakes. Toppings are not included in nutritional information.

MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10-15 mins	424	18	52	12

*Nutrition per serving

Fluffy Berry Pancakes

Makes 8

1 cup (200g) cottage cheese
2 eggs
2 tbsp. coconut sugar
2 tbsp. coconut oil, melted
½ cup (80ml) coconut milk,
carton
1 ⅓ cup (160g) wheat flour
2 tsp. baking powder
around 24 raspberries
around 32 blueberries

What you need to do

1. Place the cottage cheese in a bowl and crush it with a fork. Add the eggs, sugar and whisk well, then pour in the oil and milk and mix again.
2. Mix in the flour and baking powder until smooth mass forms.
3. Heat a dry non-stick pan on medium heat, and place 2 tablespoons of the dough per one pancake onto the pan. Level the surface and arrange a few berries over the top. Fry for about 2.5 minutes over medium heat until grown slightly and browned.
4. Flip over and cook for another 2-2.5 minutes until browned on the other side. Serve hot or cold.

MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	170	7	22	6

*Nutrition per serving

Protein Orange & yogurt Pancakes

Serves 2

2 eggs
8 tbsp. (160g) natural yogurt
2 tsp. coconut sugar
2 tsp. orange peel
2 tsp. vanilla extract
8 tbsp. (120g) spelt flour
1 tsp. baking powder
1 tsp. coconut oil, melted
orange slices, to serve

What you need to do

1. Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.
2. Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.
3. Serve with slices of orange and fresh berries.

Tip: If avoiding dairy, swap natural yogurt for soy or coconut yogurt. - Spice up your pancakes with cinnamon or cardamom for a fiery kick.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	259	12	48	18

*Nutrition per serving

Almond Banana Pancakes

Serves 2

¾ cup (125g) mango, cubes
2 passion fruit
4 tbsp. water
½ cup (60g) almond flour
1 ripe banana
1 medium egg
1 tsp. oil

What you need to do

1. Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.
2. In the meantime, mix the almond flour, the ripe banana and egg in the blender or food processor until smooth.
3. Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.
4. Fry the pancakes for about 3 minutes until browned and done on both sides. Turn them carefully, as the batter is not very firm.
5. Serve with the fruit spread made earlier.

GF DF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	346	21	28	13

*Nutrition per serving

Zoodles With Quinoa & Poached Egg

Serves 2

1 ½ cup (280g) cooked quinoa
1 tbsp. coconut oil
2 garlic cloves, crushed
2 medium zucchinis, spiralized
12 cherry tomatoes, halved
1 tsp. oregano or mixed herbs
2 medium poached eggs
chili flakes, to taste

What you need to do

1. Divide the cooked quinoa onto 2 plates.
2. Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 minutes then add the zucchini noodles (zoodles), cook for another 3-4 minutes stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.
3. On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 minutes. Season with salt, pepper and oregano. Add to the quinoa and zoodles.
4. To serve, top the zoodles with a poached egg and season with chili flakes and freshly ground black pepper.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	347	15	38	15

*Nutrition per serving

Goats Cheese, Pear & Walnut Salad

Serves 2

3.5 oz. (100g) mix salad leaves
1 ripe pear
2 tbsp. lemon juice
3.5 oz. (100g) goats cheese
1.1 oz. (30g) walnuts
1 tbsp. honey
1 tbsp. olive oil

What you need to do

1. Divide the salad leaves onto 2 plates.
2. Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.
3. In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.
4. Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.

GF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	379	28	26	10

*Nutrition per serving

Detox Salad

Serves 2

2 bunches parsley, roughly chopped, around 1 oz. (30g)
¼ cup (46g) cooked quinoa
1 avocado, peeled, stone removed, cut into cubes
½ cucumber, cut into cubes
½ zucchini, cut into cubes
1 small red onion, finely diced
1 tsp. olive oil
juice of 1 lemon
¼ cup (30g) mixed seeds and nuts, to garnish

What you need to do

1. In a medium bowl, add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.
2. Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.

GF DF LC V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	315	24	19	10

*Nutrition per serving

Grilled Pumpkin, Tofu & Bulgur Salad

Serves 2

2 ¼ cup (500g) pumpkin, cubed
1 tsp. sweet paprika
1 tsp. chili powder
2 tsp. dried rosemary
1 tbsp. olive oil
1 tbsp. honey
⅓ cup (40g) walnuts, chopped
¼ cup (55g) of bulgur wheat
few handfuls spinach
⅔ cup (80g) tofu, drained
1 tbsp. balsamic glaze

What you need to do

1. Heat the oven to 400°F (200°C).
2. Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.
3. Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.
4. Place the bulgur into a small pot, and add ¾ cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.
5. Add the cooked bulgur to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.
6. Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.

DF V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	360	22	38	10

*Nutrition per serving

Superfood Tahini Salad

Serves 2

For the salad:

2 cups (200g) baby kale
2 handfuls microgreens
2 carrots, shredded
8 radishes, thinly sliced

For the dressing:

½ lemon, juice
2 tbsp. tahini
1 tsp. honey
2 tbsp. water
salt
1 garlic clove, minced
cayenne

What you need to do

1. Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.
2. For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.
3. Top with microgreens or your favourite seeds (optional).

GF DF LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	190	10	19	9

*Nutrition per serving

Roasted Root Veg Salad With Feta

Serves 4

2 medium carrots, peeled
2 medium parsnips, peeled
1 lb. (450g) pumpkin, peeled
2 tbsp. olive oil
4 oz. (120g) rocket
2 oz. (50g) feta
¼ cup (30g) pumpkin seeds

What you need to do

1. Pre-heat the oven to 400°F (200°C).
2. Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.
3. Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 minutes (depending on the thickness of the vegetables).
4. Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.
5. Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.

GF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	197	11	21	6

*Nutrition per serving

Kale & Broccoli Salad

Serves 2

For the salad:

½ head broccoli
1 tbsp. olive oil
1 ¼ cup (125g) kale
1 ¼ cup (125g) mixed salad leaves
scant ¼ cup (30g) raisins
¼ cup (30g) almonds, roasted, chopped

For the dressing:

1 tbsp. honey
1 tbsp. balsamic vinegar
2 tbsp. lemon juice
1 tbsp. almond butter

What you need to do

1. Preheat oven to 400°F (200°C).
2. Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 minutes until soft, add the kale in the last 10 minutes of cooking, then remove from the oven.
3. Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.
4. Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.

GF DF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	370	20	42	17

*Nutrition per serving

Veggie ‘Throw Together’ Salad

Serves 3

For the salad:

1 medium sweet potato
¾ cup (120g) chickpeas,
drained
1 tbsp. olive oil
9 oz. (250g) asparagus
1 cup (30g) spinach
1 cup (30g) kale
1 cup (30g) rocket

For the dressing:

1 tsp. mustard
1 tbsp. tahini
2 tbsp. lemon juice
1 tbsp. olive oil
1 tsp. honey

What you need to do

1. Preheat oven to 375°F (190°C).
2. Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. of olive oil and season with salt and pepper. Roast for 30 minutes. Add the asparagus in the last 10 minutes of roasting.
3. In the meantime, prepare the dressing by mixing all the dressing.
4. Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.
5. Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	343	15	40	13

*Nutrition per serving

Sun-Dried Tomato & Tahini Salad

Serves 2

1 ¾ cup (130g) lentils, drained
1 cup (70g) sundried tomatoes, drained
½ cup (80g) artichoke, drained
1 cup (225g) spinach
½ cucumber, chopped
2 tbsp. tahini
2 tsp. apple cider vinegar
1 tbsp. tamari or soy sauce
1 tsp. honey

What you need to do

1. Prepare the vegetables and place them in a large bowl.
2. Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.

DF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	295	20	19	13

*Nutrition per serving

Tofu In Peanut Sauce

Serves 4

- 1 tbsp. coconut oil
- 2 ¼ cups (400g) tender stem broccoli
- 1 ¾ cups (350g) firm tofu

For the sauce:

- ¼ cup (65g) natural peanut butter
- 2 tbsp. tamari or soy sauce
- 2 tbsp. water
- 5 tbsp. honey
- 1 tsp. sesame oil
- ½ tsp. chili flakes
- 1 tbsp. ginger, grated

What you need to do

1. Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.
2. Cut the tofu into ½ inch (1.25 cm) cubes.
3. Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.
4. In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 minutes, occasionally turning, until browned. Add in the prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.

GF DF LC V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	15 mins	310	18	17	18

*Nutrition per serving

Chickpea & Tahini Stuffed Aubergine

Serves 4

2 large aubergines
2 tbsp. olive oil
1 small onion, chopped
2 cloves garlic, chopped
2 tbsp. chopped parsley, plus more to garnish
1 cup (200g) chickpeas, drained
2 tbsp. tahini
juice of ½ lime
salt, pepper, oil

Spices:

1 tsp. turmeric
1 tsp. oregano
1 tsp. cumin
1 tbsp. coriander, fresh, chopped
½ tsp. hot paprika
½ tsp. sweet paprika

What you need to do

1. Heat the oven to 400°F (200°C).
2. Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25-30 minutes. Once baked remove the flesh with a spoon, leaving about ¼ inch (½ cm) of the edges of the aubergine. Chop the aubergine flesh and set aside.
3. Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.
4. Next, add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.
5. Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.
6. Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	40 mins	360	14	50	14

*Nutrition per serving

Baked Sweet Potato With Feta, Pesto & Pomegranate

Serves 4

1.7 lbs. (800g) sweet potato
1 tbsp. olive oil
2.8 oz. (80g) feta cheese
seeds of ½ pomegranate (50g)
1.7 oz. (50g) pesto (homemade or store bought)

What you need to do

1. Heat the oven to 390°F (200°C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.
2. Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.
3. Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.

GF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30-45 mins	283	12	42	7

*Nutrition per serving

Satay Tempeh Skewers With Asian Slaw

Serves 4

14 oz. (400g) natural tempeh

For the marinade:

¼ cup (45g) crunchy peanut

butter

3 tbsp. coconut milk (more if
required)

1 tbsp. sesame oil

1 tbsp. lime juice

1 tbsp. tamari (or soy sauce)

1 tbsp. honey

1 tsp. chili paste (sambal oelek)

1 tsp. ginger, grated

For the slaw:

300g red cabbage, shredded

1 tbsp. sesame oil

1 tsp. honey

1 tbsp. lime juice

2 tsp. ginger, grated

sesame seeds, to serve

What you need to do

1. Cut the tempeh into 32 even cubes.

2. Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).

3. Preheat the oven to 350°F (180°C).

4. Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 minutes checking to prevent burning. Save the rest of the marinade for serving.

5. Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.

6. Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.

GF DF V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
overnight	20 mins	500	30	19	32

*Nutrition per serving

Sweet Potato Pancakes

Serves 4

2 cups (300g) sweet potato, grated
½ small onion, grated
1 clove garlic, crushed
2 eggs
3 heaped tbsp. buckwheat flour
2 tbsp. coconut oil
½ tsp. sweet paprika

What you need to do

1. Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.
2. Heat the coconut oil in a pan, and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 minutes.
3. Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion

GF DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10-15 mins	199	9	25	5

*Nutrition per serving

Leek & Pea Soup With Basil

Serves 4

2 tsp. coconut oil
3 ¼ cups (400g) leek, chopped
4 cups (1L) water
2 vegetable stock cubes
3 cups (450g) garden peas
½ cup (15g) fresh basil, chopped
1 ¼ cup (150g) light feta, crumbled

What you need to do

1. Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.
2. Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.
3. Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	212	5	30	11

*Nutrition per serving