



The Recipes



NOTES ON THE RECIPES

All of the recipes in this book are written as serving 2 portions (unless otherwise stated), so please up the quantities accordingly.

The recipes in this book are written for professional Chefs and therefore some of the points within the methods are left to the Chefs discretion. However the quantities must be followed, along with the ingredients listings. Every item in the ingredients listings is there to aid the performance and recovery of the England Cricket Team.

All of the ingredients in this book are readily available from national supermarkets and health food shops. For ingredients that cannot be sourced through your suppliers, please source from outside.

Some ingredients within this book will not be in season when you come to use them. If availability is an issue please do not use an alternative or omit from the recipe.

Please feel free (unless specified) to serve the sandwiches on any variety of bread you wish. However a preference would be whole wheat, seeded or rye varieties.

For any meat used in sandwich fillings please do not use processed meats, only freshly cooked meats will suffice.

All fish must be filleted and contain no bones.

Please only use low fat mayonnaise and yoghurts.

Please speak with the England team manager or England team strength and conditioning coach for protein powders

Thank you for your continued support.

A close-up photograph of a green salad. The salad consists of sliced cucumbers, green onions, and other green vegetables. A wooden spoon is visible on the left side of the frame. The text "RECIPE LIST" is overlaid on the bottom left of the image.

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BREAKFAST RECIPES

PUMPKIN SEED AND GOJI BERRY BAR

Makes 6-8 bars

2 tbsp. honey

4 tbsp. coconut oil

3 tbsp. peanut butter

280g porridge oats

3 tbsp. ground flaxseeds

1 tbsp. pumpkin seeds

1 tbsp. goji berries

2 tbsp. chopped dates

1 tbsp. chopped dried figs

Melt the honey, coconut oil and peanut butter together. Add the rest of the ingredients, mix well and add into a baking tin and compress. Bake at 180oc for 10-15 minutes. Allow to cool and cut into bars.

CHERRY, FIG AND ALMOND BREAKFAST BAR

Makes 6-8 bars

2 tbsp. honey

4 tbsp. coconut oil

3 tbsp. peanut butter

280g porridge oats

3 tbsp. ground flaxseeds

1 tbsp. chopped almonds

*1 tbsp. chopped fresh cherries
(dried will do)*

2 tbsp. chopped dried figs

1 tbsp. ground almonds

Melt the honey, coconut oil and peanut butter together. Add the rest of the ingredients, mix well and add into a baking tin and compress. Bake at 180oc for 10-15 minutes. Allow to cool and cut into bars.

QUINOA AND CRANBERRY BREAKFAST BAR

Makes 10-12

175g chopped dried cranberries

450ml water

150g cooked and cooled quinoa

150g raw hazelnuts

300g porridge oats

150g pumpkin seeds

150g sunflower seeds

475g agave nectar

75g toasted sesame seeds

Poach the cranberries in 225ml of the water until soft, remove drain and blend to a paste. Remove to a separate bowl. Place the quinoa and hazelnuts into the blender with the remaining water and blend to a smooth cream and add to the cherries. Add the remaining ingredients into the cherry mixture and combine well. Place into a baking tray and compress. Cook in oven at 160oc for 20 minutes, leave to cool and cut.

BREAKFAST BURRITOS

Please use plain tortilla bread, fill with omelettes if egg is required and any other ingredients as on the menu listing.



GRANOLA BREAKFAST BAR

Makes 10-12

200g porridge oats

200g chopped dried dates

100g chopped dried figs

75g goji berries

75g blueberries

2 tbsp. flaxseeds

Pinch of cinnamon

½ tsp. vanilla extract

2 tbsp. pumpkin seeds

1 tbsp. agave nectar

Toast the porridge oats until golden brown. Place the dates and figs into a pan of water simmer for 45 minutes. Reduce this by half, ensuring the natural sugars don't burn. To this mixture place the goji berries, blue berries and flax seeds and leave for 10 minutes. Stir in the remaining ingredients. Place mixture into a baking tray and cook for 15-20 minutes at 150oc. Allow to cool and cut.

BUCKWHEAT PANCAKES

Makes 6-8 bars

70g buckwheat flour

70g rice flour

1 tsp. baking powder

½ tsp. sea salt

300ml semi-skimmed milk

1 tbsp. lemon juice

1 tbsp. olive oil

1 tbsp. agave nectar

Mix the flours, and baking powder. Combine the rest of the ingredient together and add to the flour mix, combine well do not over mix (as for regular pancakes). Cook as scotch or American pancakes.

PROTEIN PANCAKES

Makes 6-8

70g buckwheat flour

70g maximuscle promax breakfast oats

1 tsp. baking powder

½ tsp. sea salt

300ml semi-skimmed milk

1 tbsp. lemon juice

1 tbsp. olive oil

1 tbsp. agave nectar

Mix the flour, promax and baking powder. Combine the rest of the ingredients together and add to the flour mix, combine well do not over mix (as for regular pancakes). Cook as scotch or American pancakes.

ENGLISH MUFFINS AND FILLING

Whole wheat muffins must be used in all recipes. For any that contain egg, please make omelettes and cut to size. Hollandaise sauce can be made as per classical recipe. For the sausage meat filling please use a lean minced pork and season with sage and sea salt.



JUICES AND SMOOTHIE RECIPES

For sites that do not have commercial juicing machines please contact the ECB to discuss as pre-made juices can be used, but they must not come from concentrates.

APPLE, KALE AND CUCUMBER / APPLE AND CUCUMBER JUICES

1 apple

1 cucumber

2 large kale leaves

½ lemon

Melt the honey, coconut oil and peanut butter together. Add the rest of the ingredients, mix well and add into a baking tin and compress. Bake at 180oc for 10-15 minutes. Allow to cool and cut into bars.

BEETROOT, APPLE AND GINGER, BEETROOT AND APPLE JUICES

2 medium beetroots washed and peeled

1 large apple

1 inch of ginger

½ lemon

Simply juice together, for the beetroot and apple omit the ginger.

CUCUMBER AND GINGER JUICE

1 cucumber

½ lemon

1 inch of ginger

Simply juice together.

PINEAPPLE, LIME AND COCONUT JUICE

½ ripe pineapple

1 lime

2 tbsp. creamed coconut

Simply juice the pineapple and lime together, and blend in the creamed coconut.

GRAPEFRUIT AND APPLE JUICE

2 pink grapefruits

1 apple

1tsp. agave nectar

Simply juice together and blend with the agave nectar.

ICED GREEN TEA WITH GINGER

1 inch of ginger

Good handful of fresh mint

6 green tea bags

2 tbsp. agave nectar

2 tbsp. lemon juice

In a large pan heat 2 pints of water along with the tea bags, and ginger. Remove from the heat add the mint, agave nectar and lemon juice. Chill for at least 1 hour and serve over ice.

WATERMELON AND APPLE JUICE

*½ small watermelon, peeled
and chopped
1 apple*

*½ lemon
½ inch piece of ginger*

Simply juice together.

PINEAPPLE AND GINGER JUICE

*Half ripe pineapple
1 lime*

1 inch piece of ginger

Simply juice together.

BLUEBERRY AND PEAR/ PEAR AND BLACKCURRANT JUICES

*1 large pear
1 apple*

*200g blueberries/200g blackcurrants
1 pinch of cinnamon*

Simply juice together, you may need to add water.

PINK GRAPEFRUIT JUICE

3 pink grapefruits

½ tsp. agave nectar

Simply juice and mix in the agave nectar.

CUCUMBER, STRAWBERRY AND MINT JUICE

*1 cucumber
200g strawberries*

Handful of fresh mint

Simply blend all of the ingredients together, you may need to add water.

POMEGRANATE JUICE / POMEGRANATE AND BLUEBERRY JUICE

3 large pomegranates

200g blueberries

Juice the pomegranates and serve over ice. To add the blueberries blend well and add to the juice.

CRANBERRY JUICE

*1.5kg frozen cranberries
250g agave nectar*

*Juice of 2 lemons
Juice of 2 oranges*

Simply blend all of the ingredients, and pass. Serve over ice.

MIXED VEGETABLE JUICE

*1 celery stalk
600g chopped fresh tomatoes
1 cucumber
1 tsp. agave nectar*

*½ tsp. sea salt
Pinch of pepper
Pinch of cayenne
Juice of 2 carrots*

Simply blend all of the ingredients, and pass.

ORANGE AND CARROT JUICE

8 oranges

1 kg carrots, peeled

Simply juice together, you may need to add water.

MANGO AND COCONUT SMOOTHIE

*100ml coconut milk
100ml coconut water
4 tbsp. Greek yoghurt*

*1 banana
120g peeled and diced mango*

Blend all of the ingredients together until smooth.

BLUEBERRY AND FLAXSEED SMOOTHIE

*100g blueberries
150ml skimmed milk*

*2 tbsp. vanilla maximuscle promax
2 tbsp. flaxseeds*

Blend all of the ingredients together until smooth.

YOGHURT, KALE, PEAR AND APPLE SMOOTHIE

*300ml Greek yoghurt
½ pear
2 kale leaves with stalk removed*

*1 apple cored and peeled
1 banana
2 tbsp. vanilla maximuscle promax*

Blend all of the ingredients together until smooth.

YOGHURT, STRAWBERRY AND BRAZIL NUT SMOOTHIE

300ml Greek yoghurt

1 banana

200g trimmed strawberries

2 tbsp. vanilla maximuscle promax

50g Brazil nuts

Simply blend all of the ingredients, and pass. Serve over ice.

BLUEBERRY AND STRAWBERRY/ STRAWBERRY AND HONEY

300 ml Greek yoghurt

1 banana

200g blue berries

2 tbsp. vanilla maximuscle promax

200g trimmed strawberries

2 tbsp. honey

Blend all of the ingredients together until smooth, for the strawberry and honey omit the blueberries and add another 200g of trimmed strawberries.

STRAWBERRY AND ALMOND SMOOTHIE

100ml coconut milk

1 banana

100ml coconut water

120g peeled and diced mango

4 tbsp. Greek yoghurt

Blend all of the ingredients together until smooth.

POMEGRANATE AND ORANGE SMOOTHIE

Juice of 1 orange

150ml Greek yoghurt

1 banana

2 tbsp. vanilla maximuscle promax

250ml pomegranate juice

Blend all of the ingredients together until smooth.

RASPBERRY AND AVOCADO SMOOTHIE/ KIWI AND RASPBERRY SMOOTHIE

Juice of 1 orange

150ml Greek yoghurt

1 banana

2 tbsp. vanilla maximuscle promax

250ml pomegranate juice

Blend all of the ingredients together until smooth.

PISTACHIO AND BANANA SMOOTHIE/ BANANA AND VANILLA SMOOTHIE

300ml Greek yoghurt

2 tbsp. honey

2 bananas

2 tbsp. vanilla maximuscle promax

150g shelled pistachio nuts

2 tsp. vanilla extract

Blend all of the ingredients together until smooth, for the banana and vanilla smoothie omit the pistachio nuts and replace with 1 extra banana.

OATMEAL, CINNAMON AND HONEY SMOOTHIE

150g porridge oats

2 tbsp. honey

300ml Greek yoghurt

Pinch of cinnamon

1 banana

150 ml skimmed milk

Blend all of the ingredients together until smooth.

PINEAPPLE, MINT AND YOGHURT SMOOTHIE

300ml Greek yoghurt

2 tbsp. honey

¼ ripe pineapple

2 tbsp. vanilla maximuscle promax

Handful of fresh mint

Blend all of the ingredients together until smooth.

MIXED BERRY AND HONEY SMOOTHIE

300ml Greek yoghurt

100g raspberries

100g strawberries

2 tbsp. honey

100g blueberries

2 tbsp. vanilla maximuscle promax

Blend all of the ingredients together until smooth.

PINEAPPLE AND COCONUT SMOOTHIE

300ml Greek yoghurt

2 tbsp. honey

200ml coconut milk

2 tbsp. vanilla maximuscle promax

1 banana

Blend all of the ingredients together until smooth.



SANDWICH RECIPES

CHICKEN, AVOCADO AND CHILLI

1 steamed chicken breast

½ avocado peeled and deseeded

Pinch of dried chillies

2 tbsp. mayonnaise

Juice of 1 lime

Pinch of coriander

Melt the honey, coconut oil and peanut butter together. Add the rest of the ingredients, mix well and add into a baking tin and compress. Bake at 180oc for 10-15 minutes. Allow to cool and cut into bars.

SPINACH, FETA, LIME AND POACHED SALMON

1 fillet of poached salmon

Juice of 1 lime

50g diced feta cheese

Handful of washed baby spinach

Flake the salmon and mix with the feta and lime juice. Build the sandwich and place the spinach on top of the salmon mixture.

COCONUT ROASTED VEG AND AVOCADO

2tbsp of coconut oil

1 courgette sliced

¼ aubergine sliced

4 sun blushed tomatoes

½ avocado peeled and deseeded

Roast the sliced aubergine and courgettes through the oven with the coconut oil. Remove and leave to cool. Smash the avocado with a fork and mix with the vegetables. Roughly chop the tomatoes and mix with the avocado mixture.

GRILLED AUBERGINE, RED PEPPER, RED ONION AND BASIL PUREE

1/4 aubergine sliced

1 red pepper cut into big slices

½ red onion cut into wedges

50g basil leaves

20ml olive oil

1 garlic clove

Pinch of parmesan

Blend the basil, olive oil, garlic clove and parmesan and set aside. Rub the aubergine, red pepper and onion with olive oil and season lightly with salt and chargrill. Leave to cool and mix with the basil puree.

CAJUN SALMON, YOGHURT AND CUCUMBER

1/8 cucumber finely diced

2 tbsp. Cajun seasoning

3tbsp. Greek yoghurt

Rub the salmon with the Cajun seasoning and roast through the oven until cooked. Leave to cool. Mix the cucumber and yoghurt together with a pinch of salt. Flake the salmon into the yoghurt mixture and combine gently.

THAI CITRUS CHICKEN AND ROCKET/ THAI PRAWN

Juice of 1 lime

Pinch of freshly grated ginger

1 steamed chicken breast

1 clove of garlic finely chopped

100g fresh cooked prawns

2 tbsp. mayonnaise

Handful of coriander

Pinch of freshly grated lemon grass

½ red chilli finely chopped

Handful of wild rocket

Finely slice the chicken breast and mix with the other ingredients.

AVOCADO, RAW SLAW AND BUTTERBEANS

½ avocado peeled and deseeded

¼ red onion finely sliced

50g cooked drained butterbeans

2 tbsp. Cajun spice

½ carrot finely grated

2 tbsp. mayonnaise

50g finely grated white cabbage

Combine the cabbage, onion and carrot and mix with the mayonnaise and Cajun spice. Mix in the butterbeans and break the avocado into the mixture and mix gently.

TURKEY BREAST, BASIL AND PINE NUT

150g sliced cooked turkey breast

Pinch of parmesan

50g basil

1 clove of garlic

25g pine nuts

2 tbsp. mayonnaise

Blend the basil, pine nuts, parmesan and garlic, and mix with the mayonnaise. Roughly chop the turkey and combine with the basil mayonnaise.

FOR THE FALAFEL FOLLOW THE RECIPE ABOVE.

50g baby spinach washed

1 tsp. ground cumin

200g cooked chickpeas

2tbsp. olive oil

2 tsp. lemon juice

1 tsp. paprika

Blend the chickpeas, lemon juice, cumin, olive oil and paprika until you have a smooth paste. To build the sandwich, break up the falafel and gently combine with the hummus and spinach.

CAJUN TURKEY AND GUACAMOLE / CAJUN TURKEY BREAST

150g of sliced turkey breast that has been pre-roasted with Cajun spice

1 red chilli finely sliced

2 tbsp. mayonnaise

½ avocado

Pinch of chopped coriander leaves

Juice of ½ lime

Pinch of Cajun spice

With a fork smash the avocado and mix with the lime juice, chilli and pinch of chopped coriander. To build the sandwich spread some of the guacamole on the bottom layer of bread place the turkey on top and spread the rest of the guacamole on top. For the Cajun turkey breast mix a pinch of Cajun spice with the mayonnaise and build the sandwich as before.

MEXICAN BEAN AND TOMATO SALSA / MEXICAN BEAN AND FETA

50g cooked haricot beans

1 red chilli

50g red kidney beans

2 chopped beef tomatoes

50g chickpeas

¼ red onion finely diced

Pinch of coriander finely chopped

¼ green pepper finely diced

Juice of ½ lime

50g diced feta cheese

Mix all of the cooked beans together. Combine the coriander, lime juice, red chilli, chopped tomatoes, red onion and green pepper. Mix together with the beans. For the Mexican bean and feta, just add the feta into the mixture.

MOROCCAN CHICKEN AND FALAFEL

½ finely diced red onion

Handful of chopped coriander

1 garlic clove finely sliced

1 egg yolk

200g cooked chickpeas

1 chicken breast

2 tsp. ground cumin

1tsp. honey

2 tsp. ground coriander

1 tsp. ground cinnamon

Mix half the cumin, ground coriander and honey and cover the chicken breast. Roast through the oven until cooked, leave to cool and slice finely. Blend the chickpeas to a rough paste and remove into a bowl. Combine with the remaining ingredients and mould into balls. Sprinkle with olive oil and roast through the oven at 180oc for 8-10 minutes. Once cooked allow to cool and build the sandwich by gently breaking the falafel and combining with the chicken.

CORONATION CHICKEN WITH APPLE / CURRIED CHICKEN

<i>1 chicken breast cooked and finely sliced</i>	<i>1 tbsp. mango chutney</i>
<i>3tbsp. mayonnaise</i>	<i>25g sultanas</i>
<i>1 tbsp. mild curry powder</i>	<i>¼ apple finely chopped</i>
<i>Pinch of ground black pepper</i>	

Combine all of the ingredients together. For the curried chicken omit the sultanas and apple.

TUNA WITH LEMON AND LIME YOGHURT

<i>150g cooked tuna and flaked</i>	<i>2 tbsp. lemon juice</i>
<i>3tbsp Greek yoghurt</i>	<i>Pinch of coriander</i>
<i>½ juice lime</i>	<i>1 red chilli finely sliced</i>

Combine all of the ingredients together.

EGG AND WATERCRESS

<i>2 hard-boiled eggs, peeled and sliced</i>	<i>Handful of picked watercress</i>
<i>2 tbsp. mayonnaise</i>	

Combine the eggs with the mayonnaise and when building the sandwich place the watercress on top of the egg mayonnaise.

TUNA, CUCUMBER AND WALNUT

<i>150g cooked tuna and flaked</i>	<i>2 tbsp. Greek yoghurt</i>
<i>1/8 cucumber finely diced</i>	<i>25g walnuts roughly chopped</i>

Combine all of the ingredients together.

BBQ CHICKEN AND KIDNEY BEAN

<i>1 chicken breast</i>	<i>85g brown sugar</i>
<i>50g cooked kidney beans</i>	<i>3 tbsp. malt vinegar</i>
<i>1 red onion finely diced</i>	<i>2 tbsp. Worcestershire sauce</i>
<i>400g chopped tomatoes</i>	<i>1 tbsp. tomato puree</i>
<i>3 cloves of garlic</i>	

Cook the onion in a pan on a low heat for 4 minutes, then add the chopped tomatoes, garlic, sugar, vinegar, and Worcestershire sauce and tomato puree. Bring to the boil and reduce to a simmer for 25-30 minutes. Allow to cool. Smother the chicken with half of the bbq sauce and roast through the oven until cooked, allow to cool and slice. Mix with the kidney beans and more of the bbq sauce.

GOAT'S CHEESE AND GREEK SALAD

<i>100g goat's cheese</i>	<i>25g black olives roughly chopped</i>
<i>1 plum tomato finely chopped</i>	<i>2 tbsp. olive oil</i>
<i>1/8 cucumber finely chopped</i>	<i>1 handful mint finely chopped</i>
<i>¼ red onion finely chopped</i>	

Combine the tomato, cucumber, black olives, mint and olive oil. Crumb the goat's cheese into the mixture and combine gently.

MEDITERRANEAN TUNA

<i>150g tuna cooked and flaked</i>	<i>1 plum tomato finely chopped</i>
<i>25g black olives roughly chopped</i>	<i>1 handful of flat parsley finely chopped</i>
<i>½ red pepper finely diced</i>	<i>2 tbsp. mayonnaise</i>
<i>¼ red onion finely diced</i>	

Combine all of the ingredients together.

TURKEY, CORN AND TOMATO SALSA

<i>150g turkey breast cooked and sliced</i>	<i>½ green pepper finely diced</i>
<i>2 beef tomatoes finely chopped</i>	<i>25g sweetcorn cooked</i>
<i>Juice of 1 lime</i>	<i>Handful of coriander finely chopped</i>
<i>1 red chilli finely chopped</i>	<i>2 tbsp. mayonnaise</i>
<i>¼ red onion finely diced</i>	

Combine the tomatoes, lime juice, red chilli, red onion, green pepper, sweetcorn and coriander. Mix in the mayonnaise and the turkey.

THAI PEANUT AND TOFU

<i>100g tofu diced</i>	<i>3 tbsp. red Thai chilli paste</i>
<i>1tsp. ground cumin</i>	<i>4 tbsp. smooth peanut butter</i>
<i>1 garlic clove finely chopped</i>	<i>2 tbsp. cider vinegar</i>
<i>Pinch of black pepper</i>	<i>½ baby gem lettuce, washed and finely chopped</i>
<i>1 tbsp. coconut oil</i>	
<i>400g coconut milk</i>	

Marinate the tofu with the cumin, pepper and garlic. Heat the coconut oil in a pan and sauté the tofu until golden brown, remove and allow to cool. Mix the remaining ingredients into a pan and bring to the boil, allow to simmer for 5-6 minutes, remove and allow to cool. Combine the tofu with some of the sauce and the baby gem lettuce.

LAMB KOFTA AND HARISSA MAYO

<i>2 tbsp. coriander chopped</i>	<i>450g minced lamb</i>
<i>2 tbsp. red onion finely diced</i>	<i>4 dried red chillies</i>
<i>2 tbsp. Greek yoghurt</i>	<i>1 clove of garlic</i>
<i>1 tsp. ground cumin</i>	<i>2 tbsp. olive oil</i>
<i>1 tsp. ground coriander</i>	<i>1 tsp. ground coriander</i>
<i>1 tsp. turmeric</i>	<i>1 tsp. ground caraway seeds</i>
<i>2 cloves chopped garlic</i>	<i>½ tsp. ground cumin</i>

Combine the chopped coriander, red onion, and Greek yoghurt with 1tsp. cumin, 1 tsp. ground coriander, 1 tsp. turmeric, 2 cloves of garlic and the minced lamb. Mix well and shape into cigar shapes. Leave to rest in the fridge for 1 hour. Remove from fridge and cook through oven for 8-10 minutes at 180oc, remove and allow to cool. Now blend the dried red chillies, garlic, olive oil, ground coriander, caraway seeds, and cumin. Chop the lamb koftas in half and mix with the harissa paste.

CHICKEN CAESAR

<i>1 breast of chicken cooked and sliced</i>	<i>2 tbsp. mayonnaise</i>
<i>½ baby gem lettuce washed and finely chopped</i>	<i>Pinch of parmesan cheese</i>
	<i>3 anchovy fillets finely chopped</i>

Combine the anchovies, mayonnaise and parmesan mix well. Mix with the chicken and baby gem lettuce.

BUTTERNUT SQUASH AND FALAFEL CORONATION

<i>150g roasted butternut squash</i>	<i>1 garlic clove</i>
<i>3 tbsp. mayonnaise</i>	<i>400g chickpeas cooked</i>
<i>1 tbsp. mild curry powder</i>	<i>1 tsp. ground cumin</i>
<i>1 tbsp. mango chutney</i>	<i>1 tsp. ground coriander</i>
<i>25g sultanas</i>	<i>Handful of chopped coriander</i>
<i>1 chopped onion</i>	<i>1 egg yolk</i>

Blend the chickpeas to a rough paste and remove into a bowl. Combine with the ground cumin, ground coriander, chopped coriander and egg yolk and mould into balls. Sprinkle with olive oil and roast through the oven at 180oc for 8-10 minutes. Remove and allow to cool. Now mix the mayonnaise, curry powder, mango chutney, sultanas and fold in the butternut squash. Next gently break the falafel in halves and combine with the mayonnaise mixture.

CHICKEN, CHORIZO AND RED PEPPER

<i>1 chicken breast cooked and sliced</i>	<i>25g roasted red peppers, skin removed</i>
<i>50g chorizo sautéed</i>	<i>2 tbsp. mayonnaise</i>

Combine the chicken, mayonnaise, chorizo and red peppers

TURKEY BREAST, CRANBERRY AND BABY GEM

<i>150g turkey breast, cooked and sliced</i>	<i>¼ baby gem lettuce finely sliced</i>
<i>25g cranberry sauce</i>	

Prepare sandwich by spreading cranberry sauce onto bread, now placing turkey on top with a little more cranberry sauce and placing the baby gem on to the turkey.

HONEY AND GARLIC PRAWN WITH RAW SLAW

<i>200g fresh prawns cooked</i>	<i>1 tbsp. soy sauce</i>
<i>2 garlic cloves finely chopped</i>	<i>1 pinch of coriander</i>
<i>1 tbsp. toasted sesame seeds</i>	<i>½ carrot finely grated</i>
<i>1tbsp. honey</i>	<i>25g white cabbage finely grated</i>

In a pan heat the honey, soy, garlic, sesame seeds and bring to the boil, remove and allow to cool. Mix in the prawns and the coriander. Next mix in the carrot and the cabbage.

HUMMUS, BLACK OLIVE AND SUN BLUSHED TOMATOES

<i>25g black olives roughly chopped</i>	<i>2 garlic cloves</i>
<i>4 sun blushed tomatoes roughly chopped</i>	<i>1 tsp. ground cumin</i>
<i>200g chickpeas cooked</i>	<i>2 tbsp. olive oil</i>
<i>2 tbsp. lemon juice</i>	<i>1 tsp. paprika</i>

Blend the chickpeas, lemon juice, garlic, cumin, olive oil and paprika. Into a mixing bowl add the hummus, black olives and tomatoes.

AVOCADO, BUTTERBEAN, AND TOMATO SALSA

<i>½ avocado peeled and deseeded</i>	<i>Juice of 1 lime</i>
<i>50g butterbeans cooked</i>	<i>1 red chilli finely chopped</i>
<i>2 beef tomatoes finely chopped</i>	<i>¼ red onion finely diced</i>
<i>Pinch of chopped coriander</i>	<i>½ green pepper finely diced</i>

Combine all of the ingredients together.

CRISP BACON, AVOCADO AND TOMATO WITH BABY GEM

<i>100g crispy cooked bacon roughly chopped</i>	<i>1 beef tomato finely chopped</i>
<i>½ avocado peeled and deseeded</i>	<i>¼ baby gem lettuce finely chopped</i>
<i>roughly chopped</i>	<i>1 tbsp. mayonnaise</i>

Combine all of the ingredients together.



ROASTED MED VEG AND PESTO

4 sun blushed tomatoes roughly chopped
1 courgette sliced
¼ aubergine sliced
1 red pepper large slices
50g pine nuts

1 handful basil
150 ml olive oil
2 garlic cloves
50g parmesan
Olive oil for roasting

Roasted the courgette, aubergine and peppers with a sprinkle of olive oil, remove and allow to cool. Blend the pine nuts, basil, olive oil and parmesan and combine with the roasted vegetables.

POACHED SALMON, MINT YOGHURT AND SPINACH

1 fillet of salmon cooked
1 handful of mint finely chopped

1 handful of baby spinach
2tbsp. Greek yoghurt

Flake the salmon into a bowl, and fold in the yoghurt and mint. To make the sandwich place the spinach on the bottom of the bread. Place the salmon mixture on top.

ROASTED RED PEPPER, GRILLED HALLOUMI AND BASIL

100g halloumi sliced
1 red pepper roasted and skin removed
and sliced

Handful of fresh basil
1 tbsp. olive oil

Sprinkle the halloumi with olive oil and chargrill until soft. To build the sandwich place the halloumi on the bottom with the red pepper and basil on top.

CAJUN CHICKEN AND CHILLI YOGHURT

1 chicken breast cooked with Cajun spice
½ red chilli finely chopped

Pinch of Cajun spice
2 tbsp. Greek yoghurt

Combine all of the ingredients together.

PRAWN, TARRAGON AND LEMON

150g fresh prawns cooked
1 tbsp. chopped tarragon

2 tbsp. mayonnaise
Juice of ½ lemon

Combine all of the ingredients together.

TURKEY AND RED PEPPER MAYONNAISE

150g turkey breast cooked
1 red pepper roasted and skin removed

chopped finely
1 tbsp. mayonnaise

Combine the red peppers and mayonnaise. To build the sandwich spread the mayonnaise on the bread and layer the turkey on top.



SOUP RECIPES

CUMIN, CHILLI AND CHICKEN SOUP

Makes 6-8

*4 chicken breasts cooked sliced
1.5ltr. Chicken stock
250g carrots diced
150g celery diced
300g onions finely sliced
3 garlic cloves finely sliced*

*4 tsp. cumin
2tsp. chilli finely chopped
500g courgette finely diced
1 tbsp. olive oil
100g brown rice cooked
Handful of flat parsley finely chopped*

In a large pan sauté the carrots, celery, onion, garlic and chilli until soft. Add the cumin and courgette and cook for a further 2 minutes. Add the chicken stock bring to the boil and turn to a low simmer. Add the chicken and simmer for 10-15 minutes. Add the rice bring to the boil. Remove from the heat add the parsley. Adjust the seasoning.

VEGETABLE, PEARL BARLEY AND HAM HOCK SOUP

Makes 4-6

*1 ham hock cooked and meat removed
with no fat
100g pearl barley cooked
1.5ltr chicken stock
1 leek sliced
2 celery stalks sliced
2 carrots sliced*

*1 parsnip sliced
1 sweet potato diced
2 bay leaves
2 sprigs of thyme
1 tbsp. tomato puree
Handful flat parsley finely chopped
3 tbsp. butter*

Sauté the vegetables with the butter, add the bay leaves, thyme and tomato puree. Next add the chicken stock and bring to the boil, reduce to a simmer and cook for 30 minutes. Add the ham hock and pearl barley. Adjust the seasoning.

MINESTRONE WITH CHICKEN SOUP

Makes 4-6

*300g chicken breast cooked and sliced
20g butter
1 onion chopped
2 cloves garlic finely sliced
1 carrot chopped
2 celery stalks chopped*

*4 slices pancetta chopped
2 courgettes chopped
1.5ltr chicken stock
4 tbsp. basil pesto
100g vermicelli pasta*

Sauté the onion, garlic, carrot, celery and pancetta. Add the chopped tomatoes, courgette and chicken stock. Bring to the boil and turn down to a simmer. Add the pasta and chicken along with the pesto. Adjust the seasoning.

COURGETTE, COCONUT AND CHILLI

Makes 4-6

- 1 *tblsp. coconut oil*

2 *red onions finely sliced*

1 *cm ginger finely grated*

2 *cloves garlic finely sliced*

500g *courgettes sliced*
- 1 *red chilli finely chopped*

0.5ltr *vegetable stock*

400g *coconut milk*

Handful *coriander finely chopped*

Sauté the onions, courgettes, ginger, garlic and chilli. Add the veg stock and coconut milk and bring to the boil, turn down to a simmer for 15 minutes. Blend the soup and add the coriander. Adjust the seasoning.

CHICKEN, SWEETCORN AND CHICKPEA SOUP

Makes 6-8

- 2 *tblsp. coconut oil*

300g *chicken breast cooked and sliced*

3 *cloves garlic finely sliced*

2cm *piece of ginger finely grated*

1.5ltr *chicken stock*
- 300g *sweetcorn cooked*

3 *tblsp. lemon juice*

100g *shredded spring onions*

2 *tblsp. dark soy sauce*

300g *chickpeas cooked*

In a large pan sauté the garlic and ginger in the coconut oil, add the chicken and cook for 2 minutes. Add the chicken stock and bring to the boil and reduce to a low simmer. Add the chickpeas, sweetcorn, lemon juice and soy sauce. Add the spring onions and adjust the seasoning.

BUTTERNUT SQUASH SOUP

Makes 4-6

- 1 *kg butternut squash peeled and diced*

2 *tblsp. olive oil*

1 *tblsp. butter*

2 *onions finely sliced*
- 1 *garlic clove finely sliced*

1 *red chilli finely chopped*

850ml *vegetable stock*

Roast the butter nut squash with half of the olive oil until golden brown.In a pan add the remaining oil and butter and sauté the onions, garlic, and chilli. Add the butternut squash to the onions, pour over the stock and bring to the boil. Remove immediately and blend. Adjust the seasoning.

COURGETTE, PEA, MINT AND FETA SOUP

Makes 4-6

- 1 *onion diced*

1 *tsp. coconut oil*

4 *courgettes sliced*
- 300g *peas*

1.5ltr *vegetable stock*

Handful *of mint leaves*

In a large pan sauté the peas and courgettes in the coconut oil. Add the vegetable stock and bring to the boil, turn down to a simmer and cook until the peas are cooked. Mix in the mint and blend. Adjust the seasoning.

RED LENTIL AND COCONUT SOUP

Makes 6-8

- 1 *tblsp. coconut oil*

1 *butternut squash peeled and diced*

200g *carrots sliced*

1 *tblsp. curry powder*

1 *tsp. turmeric*
- 100g *red lentils*

1ltr *vegetable stock*

400g *coconut milk*

Handful *of coriander finely chopped*

Sauté the butternut squash and carrots with the coconut oil, add the curry powder and turmeric. Now add the lentils, vegetable stock and coconut milk. Bring to the boil and turn down to a simmer. Once the lentils are cooked blend the soup and add the chopped coriander. Adjust the seasoning.

TOMATO, COCONUT AND CHILLI SOUP

Makes 4-6

- 1 *onion finely sliced*

1 *red chilli finely sliced*

800g *chopped tomatoes*

100g *desiccated coconut*
- 1 *inch ginger finely grated*

2 *bay leaves*

500ml *vegetables stock*

1 *tblsp. coconut oil*

Sauté the onion, chilli, ginger and bay leaves in the coconut oil. Add the chopped tomatoes, desiccated coconut and vegetable stock. Bring to the boil and turn down to simmer for 20 minutes. Blend and adjust the seasoning.

THAI VEGETABLE NOODLE AND CHICKEN

Makes 4-6

- 1ltr *chicken stock*

1 *cm ginger finely grated*

1 *garlic clove finely chopped*

2 *pak choi finely chopped*

50g *egg noodles*
- 25g *sweetcorn*

4 *button mushrooms finely sliced*

2 *spring onions finely sliced*

2 *tsp. soy sauce*

1 *red chilli finely chopped*

In a large pan heat the stock, chicken, ginger, garlic and chilli. Bring to the boil and turn down to a simmer add the remaining ingredients. Adjust the seasoning.



SALAD RECIPES

AVOCADO, MANGO AND DILL SALAD WITH AVOCADO DRESSING

Makes 10

300g baby spinach leaves

150ml tbsp. olive oil

Juice of 4 limes

4 avocados peeled deseeded and chopped

1 kg diced mango

Handful dill roughly chopped

5 garlic cloves

4 red chillies finely chopped

Toss the spinach with the oil and lime juice and arrange. Mix the remaining ingredients and place on top of the spinach

QUINOA, CRANBERRY AND FETA SALAD

Makes 10

1kg quinoa cooked

2 red onion finely sliced

1 cucumber diced

150g walnuts chopped

150g pistachios chopped

150g almonds chopped

100g dried cranberries

150g feta diced

2 large handfuls baby spinach

4 tbsp. olive oil

4tbsp. balsamic vinegar

2 tbsp. lemon juice

Handful coriander finely chopped

Handful; flat parsley chopped

Combine all of the ingredients.

CHICKPEA, PISTACHIO AND WATERCRESS SALAD

Makes 10

1 kg couscous cooked

4 tbsp. olive oil

500g chickpeas cooked

250g pistachios

6 spring onions finely chopped

Handful flat parsley finely chopped

Juice of 2 lemons and zest

2 tsp. ground cumin

1 tsp. ground cinnamon

2 handful picked watercress

150g toasted almonds

100g black olive roughly chopped

Combine all of the ingredients.

FENNEL, HALLOUMI SALAD WITH LEMON DRESSING

Makes 10

<i>3 blocks of 250g halloumi cheese chargrilled</i>	<i>100g hazelnuts roughly chopped</i>
<i>4 bulbs fennel finely sliced</i>	<i>Juice of 3 lemons</i>
<i>Handful dill finely chopped</i>	<i>100ml honey</i>
<i>150g pomegranate seeds</i>	<i>Handful chopped mint</i>

Combine all of the ingredients.

BROAD BEAN, BEETROOT AND PEARL BARLEY SALAD WITH LIME AND CORIANDER DRESSING

Makes 10

<i>300g pearl barley cooked</i>	<i>Handful of coriander finely chopped</i>
<i>1 kg beetroot cooked and quartered</i>	<i>2 red chilli finely chopped</i>
<i>200g broad beans cooked and shelled</i>	<i>2 tsp. ground cumin</i>
<i>Juice of 3 limes</i>	<i>3 grated carrot</i>

Combine all of the ingredients.

PLUM TOMATO, BASIL PUREE AND TOASTED ALMOND SALAD

Makes 10

<i>15 plum tomatoes cored and quartered</i>	<i>100g pine nuts</i>
<i>200ml olive oil</i>	<i>150g parmesan grated</i>
<i>2 handfuls basil</i>	<i>150g almonds toasted.</i>

Blend the olive oil, basil, pine nuts and parmesan and combine with the remaining ingredients.

PUY LENTIL, ROASTED TOMATO AND FETA SALAD

Makes 10

<i>1 kg puy lentils cooked</i>	<i>250g feta cheese diced</i>
<i>8 plum tomatoes lightly roasted with garlic and thyme</i>	<i>Handful flat parsley finely chopped</i>

Combine all of the ingredients.

BEEF TOMATO, PESTO, MOZZARELLA AND PINE NUT SALAD

Makes 10

<i>6 beef tomatoes sliced</i>	<i>50g parmesan</i>
<i>2 mozzarella balls sliced</i>	<i>150ml olive oil</i>
<i>50g pine nuts</i>	<i>2 garlic cloves</i>
<i>Handful basil leaves</i>	

Blend the pine nuts, parmesan, olive oil, garlic and basil leaves, arrange the tomatoes and mozzarella and spoon the pesto over the top.

COUSCOUS WITH CORIANDER, POMEGRANATE, MINT AND DRIED FIG SALAD

Makes 10

<i>1 kg couscous cooked</i>	<i>Handful mint finely chopped</i>
<i>Handful coriander finely chopped</i>	<i>150g dried figs chopped</i>
<i>Juice of 1 lemon and zest</i>	<i>100g almonds toasted</i>
<i>150g pomegranate seeds</i>	

Combine all of the ingredients.

THAI SPICED RAW NUTTY COLESLAW

Makes 10

<i>1 head celery finely chopped</i>	<i>1 inch ginger finely grated</i>
<i>10 carrots finely grated</i>	<i>2 red chillies finely chopped</i>
<i>250g beansprouts</i>	<i>Juice of 1 limes and zest</i>
<i>250g cashew nuts roughly chopped</i>	<i>Handful coriander finely chopped</i>
<i>350ml Greek yoghurt</i>	

Combine all of the ingredients.

BUTTERBEAN, CHORIZO AND HOT SMOKED MACKEREL SALAD

Makes 10

<i>600g butterbeans cooked</i>	<i>1 beef tomato finely diced</i>
<i>4 hot smoked mackerel fillets skin removed and flaked</i>	<i>Juice of 1 lemon</i>
<i>350g chorizo sautéed</i>	<i>100ml olive oil</i>
<i>Handful chervil finely chopped</i>	<i>100g pine nuts toasted</i>

Combine all of the ingredients.

BEETROOT, ORANGE AND FETA SALAD WITH DILL DRESSING

Makes 10

1.5kg beetroot cooked and diced
4 oranges segmented
200g feta cheese diced
50ml honey

Juice of 1 lemon and zest
100ml olive oil
Handful dill finely chopped
50ml water

Combine the honey, lemon juice and zest, olive oil, dill and water. Combine all of the remaining ingredients and dress.

ROASTED CHICKEN, WATERCRESS AND GRAPEFRUIT SALAD

Makes 10

4 chicken breasts
½ tsp. cumin
Pinch cinnamon
Pinch ground coriander
4 handfuls watercress

4 grapefruits segmented
50g sunflower seeds
1 red onion finely sliced
Handful flat parsley finely chopped

Mix the cumin, cinnamon, coriander and rub over the chicken breasts and cook through the oven. Allow to cool and slice. Mix the chicken with the remaining ingredients.

SWEET CHILLI AND GLASS NOODLE SALAD WITH PAK CHOI

Makes 10

500g glass noodles cooked and roughly chopped
4 pak choi cooked roughly chopped
100ml sesame oil
25g sesame toasted
8 spring onions finely sliced
1 red onion finely sliced

100g mange tout cooked finely sliced
150ml rice vinegar
150ml agave nectar
75ml water
3 tbsp. Thai fish sauce
3 red chillies finely sliced

In a pan heat the vinegar, agave nectar, water, fish sauce and chillies, bring to the boil and simmer for 10 minutes and allow to cool. Combine the remaining ingredients and mix with the chilli sauce.

SOFT BOILED EGG, CHICORY AND ROASTED TOMATO SALAD WITH LEMON DRESSING

Makes 10

10 eggs soft boiled peeled and cut into halves
6 heads chicory leaves pulled apart
8 plum tomatoes halved and roasted with thyme and garlic

Handful tarragon leaves
Juice of 2 lemons
2 tbsp. honey
2tbsp water

Combine the honey, lemon juice and zest, olive oil, dill and water. Combine all of the remaining ingredients and dress.

SEARED TUNA NICOISE SALAD WITH ONION SEEDS

Makes 10

3 handfuls baby spinach washed
3 handfuls wild rocket
200g French beans cooked and sliced
6 plum tomatoes cored and quartered
6 hard-boiled eggs peeled and quartered

50g anchovies
25g onion seeds
4 tuna steaks seared and sliced
100ml olive oil
50ml balsamic vinegar
Pinch black pepper

Combine the olive oil, vinegar and pepper. Arrange the salad and dress.

CITRUS AND CORIANDER WILD RICE SALAD WITH BLACKBERRY DRESSING

Makes 10

500g cooked wild rice
2 grapefruit segmented
2 oranges segments
Juice of 2 limes
100g sultanas
100g pistachios
25g desiccated coconut

Handful coriander finely chopped
150g blackberries
75ml olive oil
75ml balsamic vinegar
1 tsp. agave nectar
1 tsp. lemon juice

Blend the blackberries, olive oil, balsamic, agave nectar and lemon juice. Combine the remaining ingredients and dress.

QUINOA WITH ROASTED BUTTERNUT SQUASH, APRICOT AND PARSLEY SALAD

Makes 10

- 1kg quinoa cooked

350g butternut squash roasted

150g dried apricots roughly chopped

Handful flat parsley finely chopped
- Handful chervil finely chopped

50g hazelnuts roughly chopped

50g walnuts roughly chopped

Combine all of the ingredients

CLASSIC GREEK SALAD

Makes 10

- 8 plum tomatoes cored and quartered

4 cucumbers

2 red onions finely sliced

200g black olives roughly chopped
- Handful mint roughly chopped

250g feta cheese diced

150ml olive oil

Combine all of the ingredients

BEETROOT, WALNUT AND FETA SALAD

Makes 10

- 1kg beetroot cooked and quartered

150g walnuts roughly chopped
- 250g feta cheese diced

Handful mint finely chopped

Combine all of the ingredients

CHARGRILLED MEDITERRANEAN VEGETABLES WITH HUMMUS

Makes 10

- 200g chickpeas

2 tbsp. lemon juice

1 tsp. cumin

2 tbsp. olive oil

1 tsp. paprika
- 2 aubergines sliced and chargrilled

300g sun blushed tomatoes

4 courgettes sliced and chargrilled

4 red onion quartered and chargrilled

4 red peppers sliced and chargrilled

Blend the chickpeas, lemon juice, cumin, olive oil and paprika. Arrange the vegetables and spoon the hummus into the middle.

ASPARAGUS, SOFT BOILED EGG AND PARMESAN SALAD

Makes 10

- 1kg asparagus trimmed and cooked

8 hard-boiled eggs peeled and quartered
- 200g parmesan cheese finely grated

100ml olive oil

Arrange the asparagus and eggs, sprinkle with parmesan and olive oil.

ROASTED PEACH, PROSCIUTTO AND ROCKET

Makes 10

- 4 handfuls rocket

10 slices prosciutto ham
- 8 peaches halved and roasted with honey

Arrange the rocket, tear the prosciutto over and place the peaches on top, pour the roasting juices over to dress.

MARINATED TOMATO AND MIXED HERB SALAD

Makes 10

- 15 plum tomatoes cored and quartered

4 tbsp. balsamic vinegar

8 tbsp. olive oil

6 spring onions finely chopped
- Handful flat parsley finely chopped

½ handful fresh oregano finely chopped

1 sprig thyme finely chopped

4 cloves garlic finely chopped

Combine all of the ingredients together and leave to marinade for 3-4 hours.

PEARL BARLEY, ASIAN STYLE VEG AND WALNUT SALAD

Makes 10

- 1kg pearl barley cooked

150g walnuts roughly chopped

100g bean sprouts

2 cucumbers finely batons

5 carrots finely sliced batons
- 100ml soy sauce

1 inch ginger finely grated

1 red chilli finely chopped

Handful coriander finely chopped

Combine all of the ingredients together.

BABY SPINACH, ORANGE, ALMOND AND FETA SALAD

Makes 10

4 handfuls baby spinach washed

250g feta cheese diced

4 oranges segmented and zest from 1

100ml olive oil

200g almonds toasted

50ml balsamic vinegar

Combine all of the ingredients

PAPAYA, GLASS NOODLE AND PRAWN SALAD

Makes 10

500g glass noodles cooked

1 inch ginger finely grated

3 red chillies finely chopped

Handful coriander finely chopped

2 garlic cloves finely chopped

Handful mint finely chopped

500g fresh prawns cooked

100ml fish sauce

3 papaya deseeded, skinned and sliced

Juice of 3 limes

200g cherry tomatoes quartered

2 tbsp. agave nectar

Combine all of the ingredients

BEETROOT, GRAPEFRUIT AND SUNFLOWER SEED SALAD

Makes 10

1 kg beetroot cooked and quartered

150g sunflower seeds

4 grapefruit segmented

Handful dill finely chopped

Combine all of the ingredients

BEEF TOMATO, BASIL AND HOT SMOKED MACKEREL WITH LEMON

Makes 10

7 beef tomatoes cored and cut into 8s

4 hot smoked mackerel fillets skinned and flaked

Handful basil leaves

100ml olive oil

Juice of 2 lemons

Combine all of the ingredients

THAI BEEF AND PEANUT SALAD

Makes 10

Juice of 2 limes

Handful mint finely chopped

1 tbsp. fish sauce

Handful coriander finely chopped

1 tbsp. soy sauce

Handful basil finely chopped

1 inch ginger

150g raw peanuts

2 garlic cloves finely sliced

1 fillet steak seasoned with chilli salt

8 plum tomatoes cored and sliced

and cooked medium and sliced

2 cucumbers finely sliced batons

2 red chillies finely sliced

Combine all of the ingredients

WATERMELON, MINT AND FETA SALAD

Makes 10

1 small watermelon peeled and diced

Small handful chervil finely chopped

1 handful mint roughly chopped

200g feta cheese diced

Combine all of the ingredients

POACHED SALMON CAESAR SALAD

Makes 10

1 fillet of salmon poached and flaked

8 anchovy fillets

1 cos lettuce washed and roughly chopped

50g parmesan cheese

3 tbsp. mayonnaise

Blend the mayonnaise, anchovies and parmesan and combine with the other ingredients.



MOROCCAN SWEET POTATO AND CHARGRILLED PRAWN SALAD

Makes 10

*4 sweet potatoes diced and cooked
300g chickpeas cooked
100g sultanas
100g almonds toasted
Handful coriander chopped
Handful mint finely chopped
2tsp. cumin*

*1tsp ground coriander
½ cinnamon
2 tbsp. honey
Splash of water
200ml Greek yoghurt
250g fresh prawns cooked*

Combine the honey, cumin, ground coriander, cinnamon water and mix with the remaining ingredients.

ORIENTAL CHICKEN AND NOODLE SALAD

Makes 10

*500g egg noodles
100g almonds toasted
1 tbsp. sesame seeds toasted
3 chicken breasts cooked and sliced
2 tbsp. soy sauce
2 tbsp. sesame oil*

*1 tbsp. honey
1 tbsp. lime juice
2 carrots finely grated
Handful chervil finely chopped
6 spring onions finely chopped
2 red onions finely sliced*

Combine all of the ingredients together.



HOT OPTIONS AND SIDES RECIPES

HONEY AND SOY ROASTED CHICKEN BREASTS WITH PAK CHOI AND GINGER

Makes 10

*10 skinless chicken breasts
2 inch ginger finely grated
500g honey
500ml dark soy sauce
150g sesame seeds toasted*

*4 red chillies finely chopped
3 garlic cloves finely chopped
Juice and zest of 2 lemons
10 pak choi whole and steamed*

Combine the ginger, honey, soy sauce, sesame seeds, chillies, garlic, juice and zest of lemons. Marinade the chicken breasts in the sauce and leave for ½ hour. Roast through the oven remembering to baste the chicken with the sauce. Heat the pak choi and serve with the chicken.

FILLET OF SALMON WITH THAI YELLOW CURRY SAUCE

Makes 10

*10 fillets of salmon
Sea salt*

Szechuan ground pepper

For the Curry Paste

*6 shallots finely chopped
2 lemongrass stalks peeled and chopped
4 red chillies chopped
10 garlic cloves chopped
Handful coriander chopped
3 inch piece of galangal*

*2 kaffir lime leaves
2 tbsp. ground coriander
3 tbsp. chilli powder
1 tsp. turmeric
4 tbsp. agave nectar
Pinch of salt*

For the Curry

*4 lemongrass stalks bashed with
back of knife
4 tbsp. coconut oil
3 aubergine chopped into cubes
1.5ltr coconut milk*

*3 yellow peppers chopped
200g sugar snap peas
350g plum tomatoes roughly chopped
Handful Thai basil chopped*

Blend all of the curry paste ingredients to a smooth paste. Sauté the lemon grass in the coconut oil for 2 minutes and add the curry paste and cook for a further 2 minutes. Place the aubergine, peppers in the pan and cook for 2 minutes. Add the coconut milk and tomatoes and simmer for 10 minutes. Add the sugar snap peas and simmer for a further 5 minutes. Season the salmon with salt and Szechuan pepper and cook through the oven. Serve the salmon with curry sauce over the top.

MUNG BEAN CURRY WITH SPINACH

Makes 10

- 1 *tblsp. coconut oil*

2 *red onions finely chopped*

3 *cloves garlic finely chopped*

1 *inch ginger finely grated*

8 *red chillies finely chopped*

2 *tsp. soya bean paste*

2 *tsp. cinnamon*

3 *tsp. turmeric*
- 2*tsp. paprika*

4 *kaffir lime leaves*

6 *plum tomatoes roughly chopped*

2 *sweet potatoes diced*

300*g mung beans cooked*

2 *handfuls baby spinach*

Handful *coriander chopped*

Sauté the onion, garlic, ginger, chillies, and soy bean paste in the coconut oil for 2 minutes. Add the spices, lime leaves and tomatoes. Cook for 5 minutes. Add the sweet potato, coconut milk and mung beans and cook until sweet potato is tender. Add the spinach and coriander. Adjust the seasoning.

CHORIZO, TURKEY AND BUTTERBEAN STEW

Makes 10

- 1.5*kg turkey breast diced browned and sealed*

1*kg chorizo large dice*

4 *flat mushrooms sliced*

8 *tblsp. olive oil*

8 *cloves garlic finely sliced*
- 4 *tblsp. hot paprika*

4 *tblsp. smoked paprika*

2 *onions finely sliced*

600*g butterbeans cooked*

1.5*kg tomatoes chopped*

Sauté the garlic, mushrooms and chorizo. For 5 minutes. Add the paprika and turkey, beans and tomatoes. Cook over a low heat for 30-40 minutes. Adjust the seasoning.

FILLET OF COD WITH ROASTED LEMON AND CAPER AND CHERVIL SALSA

Makes 10

- 3 *tblsp. coconut oil*

3 *tblsp. cumin seeds*

6 *cloves garlic finely sliced*

3 *red chillies finely chopped*

2 *inch ginger finely grated*

1.8*kg chickpeas cooked*
- 1*kg tomatoes chopped*

2 *kg sweet potato diced*

2 *tsp. turmeric*

400*ml coconut milk*

Handful *coriander finely chopped*

200*ml Greek yoghurt*

Sauté the cumin, garlic, ginger and turmeric in the coconut oil. Add the sweet potato, chopped tomatoes and chickpeas and cook for 30-40 minutes over a low heat. Add the coriander and the yoghurt to serve.

PIRI-PIRI ROASTED CHICKEN BREASTS

Makes 10

- 10 *chicken breasts*

5 *tsp. salt*

2.5 *tsp. cinnamon*

2.5 *tsp. ground cardamom*

2.5 *tsp. dark brown sugar*

2.5 *tsp. ground ginger*
- 10 *tsp. paprika*

10 *tsp. cayenne pepper*

10 *tsp. dried chilli flakes*

5 *garlic cloves finely chopped*

10 *tsp. oregano finely chopped*

150*ml olive oil*

Combine all of the spices and oil together to make the piri-piri paste and smother over the chicken. Marinade for 1 hour and roast through the oven until cooked.

FILLET OF SALMON WITH SPINACH AND PINE NUT CRUST

Makes 10

- 10 *fillets of salmon*

250*g pine nuts toasted*

250*g parmesan finely grated*

150 *ml olive oil*
- Handful *baby spinach*

Handful *flat parsley*

Handful *basil*

Blend the pine nuts, parmesan, olive oil, spinach, parsley and basil and spread onto the salmon. Adjust the seasoning and cook through the oven. Serve with wilted spinach and lemon wedges.

PIRI-PIRI BREADED TOFU WITH TOMATO SALSA

Makes 10

- 1.5 *kg tofu cut into cutlets 150g each*

4 *tblsp. coconut oil*

Panko *bread crumbs to coat*

Eggs and flour *to coat the tofu*

2 *tsp. salt*

1 *tsp. cinnamon*

1 *tsp. ground cardamom*

1 *tsp. dark brown sugar*

1 *tsp. ground ginger*

4 *tsp. paprika*
- 4 *tsp. cayenne pepper*

2 *tsp. chilli flakes*

2 *clove garlic finely chopped*

4 *tsp. oregano finely chopped*

4 *beef tomatoes finely chopped*

Handful *coriander finely chopped*

Juice of 2 *limes*

2 *red chillies finely chopped*

1 *red onion finely diced*

1 *green pepper finely diced*

Combine the salt, cinnamon, cardamom, sugar, ginger, paprika, cayenne, chilli flakes, garlic and oregano. Rub the seasoning over the tofu pieces. Using the bread crumbs, egg and flour coat the tofu pieces and fry over a medium heat in the coconut oil. Once browned cook through the oven. Combine the remaining ingredients to make the salsa and serve over the tofu pieces.

ESCALOPE OF CHICKEN WITH PARMESAN AND BASIL CRUST

Makes 10

- 10 chicken breasts butterflied

250g parmesan cheese finely grated
- 150g pine nuts toasted

6 garlic cloves finely chopped
- 2 handfuls basil leaves

350ml olive oil

Season the chicken breasts and rub with 100ml of the olive oil and chargrill to seal. Blend the remaining olive oil with the garlic, pinenuts, basil and 150g of the parmesan. Spread this over the chicken breasts and sprinkle with the remaining parmesan. Cook through the oven.

FILLET OF HAKE WITH PARSLEY AND CAPER BUTTER

Makes 10

- 10 fillets of hake

Juice of 2 lemons
- 2 handfuls flat parsley finely chopped

300g butter
- 350g capers roughly chopped

Season the hake with salt only and cook through the oven.In a pan place the butter to beurre noisette and the lemon juice, capers and parsley. Spoon over the fish and serve.

AUBERGINE AND ROASTED VEGETABLE PARMIGANO

Makes 10

- 6 aubergines sliced and griddled

1 tbsp. white wine vinegar
- 6 courgettes sliced and griddled

2 handfuls basil
- 2 onions finely sliced

500g parmesan cheese finely grated
- 2 garlic cloves finely chopped

200g panko breadcrumbs
- 2 tsp. oregano chopped

150ml olive oil
- 1.2kg chopped tomatoes

In a pan add the olive oil, garlic, onion and oregano and cook over a medium heat for 10 minutes. Add the chopped tomatoes add the vinegar and cook for 20-30 minutes over a low heat. Adjust seasoning once done. In a tray layer tomato sauce, parmesan, aubergine and courgettes repeat this until all have been used. Ensuring you cover the top with tomato sauce. Sprinkle more parmesan and the breadcrumbs on top and bake through the oven.

FILLET OF SALMON WITH MANGO AND PINEAPPLE SALSA

Makes 10

- 10 fillets of salmon

Handful coriander finely chopped
- ¼ pineapple core removed finely diced

½ red onion finely diced
- ½ mango skin removed finely diced

100g poppy seeds

Season the salmon and cook through the oven. Combine the remaining ingredients. Serve the salsa over the salmon.

PORK AND TURKEY MEATBALLS WITH SAGE AND PAPRIKA

Makes 10

- Serve with tomato and parmesan sauce as above

3 cloves garlic finely chopped
- 1kg minced turkey breast

½ onion finely diced
- 700g minced pork

3 tbsp. tomato puree
- 3 eggs

2 tbsp. paprika
- 200g panko bread crumbs

Handful sage leaves finely chopped
- 2 tbsp. oregano finely chopped

2 tbsp. olive oil
- 2 tbsp. basil finely chopped

Combine all of the ingredients together and make into meatballs. Chill for 1 hour and sauté in the olive oil. Remove and place into the tomato sauce and continue cooking for a further 10-15 minutes.

SLOW COOKED MOROCCAN VEGETABLE TAGINE WITH FRUITY COUSCOUS

Makes 10

For the Couscous

- 1kg couscous cooked

50g dried apricots roughly chopped
- 150g almonds toasted

Handful coriander finely chopped
- 50g sultanas

For the Chermoula Paste

- 3 red onions finely chopped

2 tbsp. honey
- 4 garlic cloves finely chopped

2 tbsp. ground cumin
- 2 tsp. ground ginger

2 tbsp. paprika
- Juice of 3 lemons

Handful coriander finely chopped
- 150ml olive oil

For the Tagine

- 3 red onions roughly chopped

5 carrots sliced in half lengthways
- 2 sweet potatoes diced

12 dried figs
- 3 parsnips quartered lengthways

Handful mint finely chopped
- 3 courgettes quartered lengthways

Water

Combine all of the ingredients for the couscous and steam.Blend all of the ingredients for the chermoula paste.In a large pan sauté the chermoula paste in olive oil add the vegetables for the tagine and cook for 5 minutes. Add the chickpeas and dried figs and cover with water. Bring to the boil and reduce to a low simmer for 40-50 minutes. Adjust the seasoning and serve with the couscous.

STEAMED PAK CHOI WITH SESAME OIL

Makes 10

20 small pak choy steamed
75ml sesame oil

100g sesame seeds toasted

Toss the ingredients together.

JASMINE RICE WITH COCONUT, PISTACHIOS AND SULTANAS

Makes 10

1 kg jasmine rice cooked
2 tbsp. coconut oil
150g pistachio nuts roughly chopped

150g sultanas
75g desiccated coconut

Toss the ingredients together.

ROASTED SWEET POTATO WEDGES WITH SZECHUAN SEASONING

Makes 10

8 large sweet potatoes cut 8s
150ml coconut oil

3 tbsp. Szechuan seasoning

Combine all ingredients and cook through the oven.

FRENCH BEANS WITH TOMATO AND HAZELNUTS

Makes 10

10 handfuls of French beans cooked
250g hazelnuts roughly chopped

700ml tomato sauce freshly made

Combine all of the ingredients together.

SWEET POTATO MASH WITH SAGE

Makes 10

10 large sweet potatoes peeled, cooked
and mashed
Handful sage finely chopped

2 tsp. nutmeg
2 tsp. cumin

Combine all of the ingredients together.

SPAGHETTI WITH CHILLI AND OLIVE OIL

Makes 10

1.5kg spaghetti cooked
100ml olive oil

3 red chillies finely chopped
Handful flat parsley finely chopped

Combine all of the ingredients together.

SPICY TURMERIC RICE

Makes 10

1 kg jasmine rice cooked with 1 tbsp. turmeric
2 tbsp. coconut oil

2 red chillies finely chopped
1 handful coriander finely chopped

Combine all of the ingredients together.

CRUSHED PEAS WITH MINT AND CHILLI

Makes 10

2 kg peas cooked
3 red chillies finely chopped

2 handfuls mint finely chopped
2 tbsp. coconut oil

Combine all of the ingredients together and gently crush the peas.

ROASTED SWEET POTATO WEDGES WITH CHILLI

Makes 10

8 large sweet potatoes cut into 8s
150ml coconut oil

2 tbsp. dried chilli flakes

Combine all of the ingredients together and roast through the oven.

SPAGHETTI WITH PESTO DRESSING

Makes 10

1.5kg spaghetti cooked
50g pine nuts
1 handful basil leaves

50g parmesan cheese finely grated
150ml olive oil
2 garlic cloves

Blend together the pine nuts, basil, parmesan, olive oil and garlic and mix with the spaghetti.



ROASTED SWEET POTATO PARMENTIER WITH GARLIC AND HERBS

Makes 10

*8 large sweet potatoes peeled and diced
150ml olive oil*

*4 garlic clove finely chopped
1 handful flat parsley finely chopped*

Combine the potatoes, olive oil and garlic and roast through the oven, when cooked combine with the parsley.

SPAGHETTI WITH LEMON, OLIVE OIL AND PARSLEY

Makes 10

*1.5kg spaghetti cooked
Juice and zest of 1 lemon*

*100ml olive oil
1 handful flat parsley finely chopped*

Combine all of the ingredients together.

SLOW COOKED RATATOUILLE

Makes 10

*4 aubergines cut into large dice
8 courgettes cut into large dice
2 green peppers cut into large dice
2 red peppers cut into large dice
2 red onions cut into large dice
200g sun blushed tomatoes*

*6 garlic cloves finely chopped
2 handfuls basil finely chopped
2 tbsp. red wine vinegar
2 tbsp. agave nectar
1kg chopped tomatoes
150ml olive oil*

Sauté the garlic with the olive oil, aubergines, courgettes, peppers, and red onions for 10-15 minutes. Add the remaining ingredients, bring to the boil and reduce to a low simmer and cook for 50-60 minutes. Adjust the seasoning.



FINGER FOOD RECIPES

WHOLE WHEAT MINI PIZZAS

Makes 1 pizza

Please follow the menu guide for the toppings of the pizza

200g whole wheat bread flour

100g plain flour

2 tsp. active dry yeast

1 cup room temperature water

½ tsp. sea salt

2 tsp. olive oil

In a large bowl dissolve the yeast in the water, allow 10 minutes for the yeast to activate. Stir in the wheat flour, salt and half the olive oil and mix. Add in the plain flour and bring together to form a dough and gently knead. Remove from the bowl to a floured surface and knead well for 10 minutes. Use the remaining olive oil to grease a large bowl and place the dough on side, cover with cling film and leave to rest in a warm place until the dough has doubled in size. Knock the dough back and cover again and allow to rise. Once risen remove and shape into rectangles and place on an oven tray. Add the tomato sauce and the required topping and bake through the oven.

MINI NAAN BREAD WITH TANDOORI CHICKEN AND MINT YOGHURT / TANDOORI GRILLED TOFU WITH MINT AND YOGHURT

Makes 1 pizza

10 mini naan breads

350ml Greek yoghurt

1 handful mint finely chopped

5 chicken breasts/500g tofu diced

3 tbsp. ground ginger

3 tbsp. ground coriander

1 tbsp. ground cumin

1 tbsp. paprika

1 tbsp. seas salt

1.5 tbsp. turmeric

1.5 tbsp. ground nutmeg

1.5 tbsp. ground cloves

1.5 tbsp. cinnamon

100ml olive oil

1 handful coriander finely chopped

1 red onion finely sliced

Mix all of the spices, salt and olive oil together. Now mix with half the yoghurt, and either marinade the chicken or tofu and cook accordingly. Warm the naan breads and place the chicken or tofu on top. Mix the remaining yoghurt with the chopped mint and spoon some on top of each naan. Mix the coriander and red onion and sprinkle on top of each naan.

MEXICAN TOSTADAS

Makes 20

All toppings recipes can be found in sandwich recipes

- 800g plain flour

2 tbsp. butter softened

2 tsp. sea salt
- 350ml boiling water

200ml coconut oil

Mix the flour, baking powder, and salt and butter together until a crumble consistency has been reached. Add the boiling water slowly to form a dough and knead for 5 minutes. Cover and leave to rest for 10 minutes. Separate into balls and roll each ball out to a 10cm disc. In a dry pan over a medium heat cook for 2 minutes on each side. Leave to cool.In another pan heat the coconut oil over a medium heat and fry each tortilla until it puffs up and becomes crispy. Remove and leave to drain any excess oil. Leave to cool and add the requested topping.

SELECTION OF QUESADILLAS

Makes 15

Use recipe above to make the tortillas, don't fry them. You will need 2 tortillas to make 1 quesadilla. Place the required filling on the bottom tortilla place the other tortilla on top and bake through the oven. Remove and cut into portions.

MINI WHOLE WHEAT CALZONE

- 200g whole wheat bread flour

100g plain flour

2 tsp. active dry yeast
- 1 cup room temperature water

½ tsp. sea salt

2 tsp. olive oil

Stir in the wheat flour, salt and half the olive oil and mix. Add in the plain flour and bring together to form a dough and gently knead.Remove from the bowl to a floured surface and knead well for 10 minutes. Use the remaining olive oil to grease a large bowl and place the dough on side, cover with cling film and leave to rest in a warm place until the dough has doubled in size. Knock the dough back and cover again and allow to rise. Divide into balls and roll out into 10cm discs place the required filling in the centre with tomato sauce and fold over. Crimp around the edge as for pasties and bake through the oven.

MOROCCAN SPICED GRIDDLED CHICKEN FILLETS WITH LIME AND CORIANDER MAYONNAISE

Makes 20

- 20 chicken fillets

1 tsp. ground cumin

½ tsp. ground ginger

½ tsp. cinnamon

½ tsp. ground coriander
- ½ tsp. honey

Juice of 2 limes

Handful of coriander finely chopped

400g mayonnaise

Mix the spices and honey and marinade the chicken fillets for a minimum of 1 hour. Cook on a hot griddle and through the oven. Mix the lime juice, coriander and mayonnaise and serve.

LAMB AND PEA KOFTAS WITH MINT YOGHURT

Makes 20

- 1.2kg minced lamb

1 tbsp. ground coriander

3 tbsp. ground cumin

1 red onion finely diced

200g peas cooked
- 2 tsp. cinnamon

2 tbsp. sea salt

2 Handfuls mint finely chopped

400ml Greek yoghurt

Mix all of the ingredients and half the mint together. Form sausages around small kebab sticks and chill for 1 hour. Cook on a griddle. Mix the yoghurt and the remaining mint and serve.

ROASTED VEGETABLE AND HALLOUMI KEBABS WITH RED PEPPER DIP

Makes 20

- 3 blocks of halloumi diced

4 red peppers cut into squares

2 green peppers cut into squares

4 courgettes cut into large slices

4 red onions cut into wedges
- 400g mayonnaise

3 tbsp. honey

3 tbsp. grain mustard

2 tbsp. olive oil

Place the halloumi, half the red peppers, the green peppers, courgettes and red onions onto mini kebab sticks. Mix the honey, mustard and oil and drizzle over the kebabs and cook on a griddled pan. Roast the remaining red peppers, allow to cool and blend then mix with the mayonnaise and serve.

GINGER AND GARLIC KING PRAWN KEBABS WITH GARLIC MAYONNAISE

Makes 20

- 60 king prawns head and shell removed

150ml olive oil

2 inches ginger finely grated

12 garlic clove finely chopped
- Juice of 3 limes and zest

Handful coriander finely chopped

400ml mayonnaise

Marinade the prawns in the oil, ginger, lime juice and zest, half the garlic and the coriander leave to marinade for 1 hour. Place them onto kebab stick 3 per stick and Cook on a hot griddle. Mix the mayonnaise with the garlic and serve.

SALMON AND KING PRAWN KEBABS WITH SOY AND LIME

Makes 20

- 10 salmon fillets skinless and cut into 6 pieces

60 king prawns head and shell removed

400ml dark soy sauce

400g honey
- 100g sesame seeds

Handful coriander finely chopped

4 red chillies finely chopped

Juice of 3 limes and zest

Mix all of the ingredients together and leave to marinade for 1 hour. Place 3 prawns and 3 pieces of salmon on mini kebab stick and cook on a griddle pan.

CAJUN GRILLED TOFU KEBABS

Makes 20

- 2 kg tofu diced enough for 3 cubes per kebab stick

150ml olive oil

2 tbsp. salt

2 tbsp. garlic powder

2.5 tbsp. paprika
- 1 tbsp. ground black pepper

1 tbsp. onion powder

1 tbsp. cayenne

1.5 tbsp. thyme leaves

2 tbsp. dried chilli flakes

Combine the spices, salt and oil together and marinade the tofu for 1 hour, place onto kebab sticks and cook on a hot griddle pan.

PORK AND BEEF MEATBALLS WITH TOMATO DIP

Makes 20

- 500g minced pork

350g minced beef

1 egg

125g panko breadcrumbs

1 tbsp. oregano finely chopped

1 tbsp. basil finely chopped
- 1 garlic clove finely chopped

1 tbsp. tomato puree

1 tbsp. olive oil

100ml tomato sauce

200ml mayonnaise

Mix the tomato sauce and mayonnaise together. Mix the remaining ingredients together and shape into mini balls enough for 2 per mini kebab stick. Chilli for 1 hour and cook through the oven and serve.

SZECHUAN CHICKEN FILLETS

Makes 20

- 20 chicken fillets

Szechuan seasoning
- 100ml olive oil
- Mix the seasoning with the chicken fillets and olive oil and marinade for 1 hour.

Cook on a hot griddle pan and serve.

THAI CHICKEN SATAY AND PEANUT DIP

Makes 20

- 20 chicken fillets

400g coconut milk

3 tbsp. Thai red curry paste
- 4 tbsp. smooth peanut butter

2 tbsp. cider vinegar
- Place the coconut milk, curry paste, peanut butter and vinegar in a pan and bring to the boil and simmer for 10 minutes. Leave to cool.

Marinade the chicken in half the peanut sauce for 1 hour and cook on a hot griddle pan. Serve the remaining peanut sauce as the dip.

MINI PORK BURGERS WITH APRICOTS

Makes 20

- 20 slider rolls

20 slices of plum tomato

Mayonnaise to spread on each roll

700g pork mince

100g panko breadcrumbs
- 100g dried apricots chopped

Handful flat parsley finely chopped

1 onion finely diced

4 tbsp. whole grain mustard

2 tbsp. sea salt

Combine the pork, breadcrumbs, apricots, parsley, onion, mustard and salt. Form into mini burgers and chill for 1 hour. Cook through the oven and serve inside the slider rolls with the tomato and mayonnaise.

ONION, SWEET POTATO AND COCONUT PAKORAS

Makes 20

- 2 large sweet potatoes diced and cooked

3 onions finely sliced

4 tbsp. mango chutney

1 tbsp. chilli flakes
- 2 tbsp. desiccated coconut

600g chickpea flour

1ltr water

200ml coconut oil

Combine the flour, spices and water and mix to a smooth batter, combine the remaining ingredients and mix well. Form 20 small pakoras. Heat the coconut oil and brown the pakoras and cook through the oven.

CURRIED SALMON KEBABS WITH CHILLI YOGHURT

Makes 20

10 fillets of salmon skinless and cut into 6 pieces
2 tbsp. curry powder
1 tbsp. olive oil

Juice and zest of 2 limes
1 tbsp. honey
1 tbsp. chilli powder
300ml Greek yoghurt

Combine the chilli powder and yoghurt and set aside. Combine the remaining ingredients and marinade the salmon for 1 hour. Place the salmon onto kebab stick 3 per stick and cook through the oven.

HONEY AND BASIL CHICKEN FILLETS

Makes 20

20 chicken fillets
150g black olives
250ml dry white wine
2 tbsp. honey

2 handfuls basil leaves
6 cloves garlic
Juice of 2 lemons
4 tbsp. soy sauce

Blend the olives, wine, honey, basil, garlic, lemons and soy and marinade the chicken for 1 hour. Cook on a hot chargrill.

SWEET POTATO AND CAULIFLOWER SAMOSAS

Makes 20

2 large sweet potatoes cooked and diced
2 handfuls cauliflower cooked and broken apart
1 red onion finely sliced
100g peas cooked

2 tbsp. curry powder
1 tbsp. olive oil
1 handful coriander chopped
20 sheets filo pastry
Butter melted for brushing pastry
200ml coconut oil

Combine the potatoes, cauliflower, onion, peas, curry powder, olive oil and coriander. Now make the samosas as per usual. Heat the coconut oil and cook the samosas in the oil and finish through the oven.

MINI HAMBURGERS WITH ONION RELISH

Makes 20

20 slider rolls
20 slices plum tomatoes for the rolls
Mayonnaise to spread on the rolls
1.2kg minced beef
Handful parsley finely chopped
2 tbsp. capers finely chopped

1 red onion finely chopped
2 tsp. English mustard
2 tsp. tomato puree
5 onions finely sliced
150ml balsamic vinegar
2 tbsp. agave nectar

Combine the beef, parsley, capers, red onions, mustard and tomato puree form into 20 mini burgers and chilli for 1 hour. Sweat the onions with the balsamic and agave nectar to a marmalade. Serve the burgers in side the rolls with the onion relish.

VIETNAMESE KING PRAWN KEBABS

Makes 20

60 king prawns head and shell removed
2 lemongrass roughly chopped
Juice and zest of 4 limes
4 garlic cloves finely chopped
2 red onion finely diced

4 green chillies
2 tbsp. agave nectar
4 tbsp. fish sauce
4 tbsp. coconut oil
1 handful coriander finely chopped

Combine all of the ingredients together and marinade the prawns for 1 hour place on to kebab sticks 3 per stick and cook on a hot chargrill.

MUSHROOM AND SPINACH BHAJIS

Makes 20

1kg button mushrooms sliced and cooked
2 onions finely sliced
2 tsp. ground cumin
1 tsp. curry powder
1 tbsp. lemon juice

2 handfuls spinach cooked and drained (must be completely dry)
1 tbsp. mango chutney
400g chickpea flour
500ml water.
250ml coconut oil

Mix the chickpea flour, water and cumin to a smooth paste, mix in the remaining ingredients. Heat the coconut oil and form small pakoras and fry in the coconut oil.



BARBECUED CHICKEN KEBABS

Makes 20

20 chicken fillets

1 tbsp. olive oil

1 onion finely chopped

400g chopped tomatoes

3 cloves garlic finely chopped

85g dark brown sugar

3 tbsp. malt vinegar

2 tbsp. Worcestershire sauce

1 tbsp. tomato puree

In a pan heat the olive oil, onion, tomatoes, garlic, sugar, vinegar, Worcestershire sauce and tomato puree and bring to the boil, turn down to a simmer and cook for 20-30 minutes, leave to cool. Marinade the chicken in the sauce for 1 hour, place onto kebab sticks and cook on a hot griddle pan.

STEAMED CHINESE DUCK DUMPLINGS

Makes 20 - 30

For the dough

250g plain flour

450ml boiling water

For the filling

2 duck breasts and 2 duck legs

cooked and shredded

Handful coriander finely chopped

1 tsp. ground coriander

1 tsp. Chinese 5 spice

1 tbsp. hoi-sin sauce

2 tbsp. chilli flakes

Combine the flour and boiling water, mix to a dough and knead gently for 5 minutes, cover and leave to rest for 10 minutes. Mix the ingredients for the filling together. Cut equal size pieces of the dough and roll out into 6-8cm discs in the centre add 1 tbsp. of the filling and encase with the dough. Steam for 8-10 minutes and serve.

HONEY, SOY AND SESAME GLAZED SALMON KEBABS

Makes 20

10 salmon fillets

200ml soy sauce

200ml honey

3 tbsp. sesame seeds toasted

Juice of 2 limes and zest

1 inch ginger finely grated

Combine all of the ingredients together and leave the salmon to marinade for 1 hour. Add the salmon to the kebab sticks and cook on a hot griddle pan and serve.



DESERT/ SNACK RECIPES

STICKY SEEDED PROTEIN FLAPJACKS

Makes 10-12

175g chopped dates

450ml water

150g cashew nuts

150g hazelnuts

300g porridge oats

150g pumpkin seeds

100g sunflower seeds

50g whey protein powder

(maximuscle promax)

475g agave nectar

Place the dates, cashews and hazelnuts into a pan with the water bring to the boil and blend to a smooth cream. Mix the pumpkin seeds, sunflower seeds and agave nectar with the date cream. Mix in the whey protein. Transfer to a baking dish and cook for 20 minutes at 160oc.

NUT COOKIES

Makes 15

135g Brazil nuts

250g almonds

80g desiccated coconut

175g dried prunes

85g dried apricots

30g sunflower seeds

40g pumpkin seeds

Zest of 1 lemon

2 tbsp. apple juice

Blend all of the ingredients together until it comes together. Divide the mixture into 15 balls. Place on a baking tray and bake for 15 minutes at 150oc.

COCONUT AND DATE TRUFFLES

Makes 15

10 dates

50g cocoa

25g almonds

150g desiccated coconut

50g whey protein powder (maximuscle promax)

30g agave nectar

2 tbsp. coconut oil

1 tsp. xylitol

2 tbsp. water

Blend all of the ingredients together until a rough consistency has been achieved. Divide into 12 pieces and roll into balls. Place on a baking tray and cook at 180oc for 10 minutes.

MIXED SEED, COCOA AND CHOPPED FRUIT BARS

Makes 8 pieces

- 2 tbsp. flaxseeds

2 tbsp. pumpkin seeds

2tbsp. sunflower seeds

2 tbsp. sesame seeds

3 handfuls goji berries

1 handful dates

4 tbsp. cocoa powder

1 tsp. desiccated coconut
- 1 tsp. cinnamon

4 tbsp. coconut oil

1 tsp. Brazil nuts chopped

1 tsp. walnuts chopped

1 tsp. almonds chopped

1 tsp. dried figs

1 tsp. dried apricots

Blend all of the ingredients except the coconut oil, nuts and dried fruits. Pulse the mixture to a stiff coarse mixture. Melt the coconut oil and place into the blender. Blend at full speed until a smooth paste is achieved. Place mixture into a baking tin a press down firmly. Sprinkle the nuts and fruit over the top and press down. Chill for 3 hours and cut then serve.

ALMOND AND CINNAMON FLAPJACKS

Makes 10

- 2 tbsp. coconut oil

2 tbsp. apple juice

2 tbsp. honey

180g porridge oats
- 2 tsp. cinnamon

1 tbsp. almonds chopped

1 tbsp. pumpkin seeds

Melt the coconut oil and honey together, stir in the apple juice. Add the oats cinnamon, almonds and pumpkin seeds. Place into a baking tray and press down firmly and bake at 180oc for 20 minutes. Cool, cut and serve.

BANANA AND PEANUT BARS

Makes 8

- 1 tbsp. coconut oil

3 ripe bananas

1 tbsp. honey
- 2 tbsp. peanut butter

280g porridge oats

2 tbsp. flaxseeds

Mash the bananas until almost smooth. Next melt the coconut oil, honey and peanut butter. Stir the bananas into the mixture, once mixed add the remaining ingredients and mix well. Transfer to a baking tray, press down and bake at 180oc for 20 minutes.

CHOCOLATE AND COCONUT TRUFFLES

Makes 12

- 250g dates

250g walnuts

3 tbsp. cocoa
- 3 tbsp. whey protein

(maximuscle promax)

Desiccated coconut to coat

Blend the dates, walnuts, cocoa and whey on full speed until a stiff paste.Break the mix into 12 pieces and form into ball, dust with the coconut and chill for 3 hours.

PROTEIN CHOCOLATE BROWNIES

Makes 8

- 125g rice flour

75g cocoa

¼ tsp. baking powder

80g sweet potato cooked and pureed

100g whey protein (maximuscle promax)
- 250g date syrup

175g butter melted

1 egg

¼ tsp. vanilla extract

Mix the flour, baking powder, cocoa, and whey in a bowl. In another bowl mix the potato date syrup, melted butter, egg and vanilla, then stir in the dry ingredients.Pour the mixture into a baking tin and cook at 180oc for 20 minutes, leave to cool and cut.

HONEY AND SESAME BISCUITS

Makes 12

- 50g almonds blended roughly

50g cashew nuts blended roughly

100g sesame seeds toasted
- 2.5 tbsp. butter

4.5 tbsp. honey

½ tsp. ground ginger

Melt the honey and butter and whisk to an emulsion. Mix in the remaining ingredients. Spoon individual dollops onto a baking tray and bake at 180oc for 8-10 minutes.

CHERRY AND CHOCOLATE FLAPJACKS

Makes 10

- 2 tbsp. coconut oil

2 tbsp. cocoa

2 tbsp. honey

180g porridge oats
- 2 tsp. cinnamon

1 tbsp. dried cherries

1 tbsp. pumpkin seeds

Melt the coconut oil and honey together. Mix in the remaining ingredients and transfer to a baking tray and cook at 180oc for 20 minutes. Cool and cut.

CHOCOLATE AND SWEET POTATO FLAPJACKS

Makes 10

2 tbsp. coconut oil

180g porridge oats

2 tbsp. cocoa

2 tbsp. sweet potato cooked and pureed

2 tbsp. honey

2 tsp. cinnamon

Melt the coconut oil and honey together. Mix in the remaining ingredients and transfer to a baking tray and cook at 180oc for 20 minutes. Cool and cut.

BLUEBERRY AND POLENTA MUFFINS

Makes 15

300g blueberries

250ml sunflower oil

4 eggs

250ml apple juice

200g xylitol

250g plain flour

1 ½tsp. vanilla extract

110g polenta

Seeds from 1 vanilla pod

1 tsp. baking powder

Beat the eggs with the xylitol and vanilla seeds and extract. Beat in the oil, apple juice and then the flour and polenta. Add the baking powder. Pour the batter into muffin cases and cook at 180oc for 25-30 minutes. Leave to cool and serve.

ALMOND AND PISTACHIO MACAROONS

Makes 40

3 egg whites

400g ground almonds

250g caster sugar

20g pistachio nuts

1 tsp. cardamom seeds

Whisk the egg whites until soft peaks, gradually adding the sugar. Add the cardamom, ground almonds and combine gently. Spoon onto a baking tray into balls, place a pistachio in the centres of each spoonful. Bake at 150oc for 10-15 minutes. Cool and serve.

ORANGE AND CHOCOLATE PROTEIN COOKIES

Makes 15

50g porridge oats

2 tbsp. chocolate chips

2 tbsp. cocoa

60g whey protein (maximuscle promax)

50g Greek yoghurt

150g xylitol

½ tsp. vanilla extract

1 egg

1 tsp. baking powder

½ tsp. cinnamon

Combine all of the ingredients together and spoon onto a baking tray. Bake at 180oc for 12-15 minutes.

FLAXSEED AND POPPY SEED COOKIES

Makes 15

135g flaxseeds

85g dried apricots

250g almonds

30g sunflower seeds

80g poppy seeds

40g pumpkin seeds

175g dried prunes

2 tbsp. apple juice

Blend of the ingredients together. Divide the mixture into 15 balls, place onto a baking tray and cook at 150oc for 15 minutes.

CHICKPEA AND CHOCOLATE COOKIES

Makes 20

400g chickpeas cooked and dried

2 tsp. baking powder

180g peanut butter

120g chocolate chip cookies

120g agave nectar

Blend all of the ingredients together until smooth. Remove to a bowl and add the chocolate. Spoon onto a tray and cook at 180oc for 12 minutes.

BUTTERSCOTCH AND OAT TRUFFLES

Makes 20

250g porridge oats

60g honey

60g almonds

80g butterscotch chips

2 tbsp. flaxseeds

½ tsp. vanilla extract

2 tbsp. butter

Blend all of the ingredients together, and form into balls, chilli for 1 hour and serve.

RASPBERRY AND OAT CRANACHAN POTS

Makes 5

450g raspberries

50g brown sugar

600ml Greek yoghurt

4 tbsp. honey

100g porridge oats

½ handful mint finely chopped

Toast the oats, and sugar together until golden brown and allow to cool. Now combine the honey and yoghurt. Now layer the individual pots with raspberry, oats and yoghurt and sprinkle the mint on the tops.

Sesame Seed and Pecan Flapjacks

Makes 10

- 2 tbsp. coconut oil

1 tbsp. pecan nuts roughly chopped

2 tbsp. honey

180g porridge oats
- 2 tsp. cinnamon

1 tbsp. sesame seeds

1 tbsp. whey protein(maximuscle promax)

Melt the coconut oil and honey together, add the remaining ingredients and transfer to a baking tray and cook at 180oc for 20 minutes, allow to cool and cut.

Fig and Almond Muffins

Makes 10

- 175g self-raising flour

175g butter

100g caster sugar

75g whey protein (maximuscle promax)
- 175g ground almonds

3 eggs

5 dried figs roughly chopped

Handful almonds

Blend the flour, butter, sugar, whey, ground almonds and eggs until smooth. Fold in the figs and almonds. Divide between muffin cases and bake at 180oc for 25-35 minutes. Cool and serve..

Lemon, Poppy Seed and Almond Greek Yoghurt

Makes 5

- 1.5ltr Greek yoghurt

150ml honey

100g poppy seeds
- 150g almonds

Juice and zest of 2 lemons

Combine all of the ingredients together.

Pistachio and Ginger Biscotti

Makes 10

- 100g ground almonds

250g plain flour

2 tsp. ground ginger

1 tsp. baking powder

250g butter

200g dark brown sugar
- 6 tbsp. caster sugar

Zest of 1 orange

1 egg yolk

½ tsp. vanilla extract

90g pistachio nuts roughly chopped

Blend the almonds, ginger, flour, baking powder. In a separate blender combine the eggs, sugars, vanilla, butter and zest. Combine the dry mix with this and add the pistachios. Mix to form a dough. Divide the dough into 2. Roll out and lay into 2 trays cut them to desired size and bake at 150oc for 12-15 minutes. Remove and allow to cool.

Almond and Vanilla Shortbread

Makes 10

- 300g plain flour

40g caster sugar

50g ground almonds
- 225g butter

1 egg yolk

½ tsp. vanilla extract

Blend all of the ingredients together to form a dough. Roll into a sausage and chill for 1 hour. Cut into discs and bake at 180oc for 8-10 minutes. Leave to cool and serve.

Chocolate and Sesame Ganache

Makes 12

- 400g cocoa

4 tsp. cinnamon

950ml agave nectar

2 tsp. sea salt
- 2 tsp. vanilla extract

125g coconut oil

75g sesame seeds

3 tbsp. maca powder

Blend all of the ingredients together. Pour mix into muffin cases and freeze for 20 minutes until ganache is set and serve.

Lemon, Poppy Seed and Almond Muffins

Makes 6

- 250g butter

250g caster sugar

5 eggs separated

250g ground almonds
- 100g poppy seeds

2 tbsp. lemon juice

200g whole almonds

Cream the butter and sugar, beat the egg whites to stiff peaks. Fold in the egg whites into the butter and sugar. Now fold in the remaining ingredients. Spoon into muffin cases and cook at 140oc for 20-25 minutes.

Banana and Toffee Muffins

Makes 12

- 3 ripe bananas

125ml vegetable oil

2 eggs

250g plain flour
- 100g caster sugar

½ tsp. bicarbonate of soda

1 tsp. baking powder

150g butterscotch pieces

Combine all of the ingredients together and divide into muffin cases and bake at 180oc for 20 minutes. Leave to cool and serve.



