

# DAY 1

## HOMEMADE GRANOLA

2 TBSP COCONUT OIL OR OLIVE OIL

125ML MAPLE SYRUP

1 TSP VANILLA EXTRACT

300G ROLLED OATS (ORGANIC JUMBO ONES ARE THE BEST)

50G SUNFLOWER SEEDS

4 TBSP SESAME SEEDS

50G PUMPKIN SEEDS

100G FLAKED ALMONDS

50G COCONUTS FLAKES OR DESICCATED COCONUT (OPTIONAL)

100G NUTS OF CHOICE

HEAT OVEN TO 150C/FAN 130C/GAS 2. MIX THE OIL, MAPLE SYRUP AND VANILLA IN A LARGE BOWL. TIP IN ALL THE REMAINING INGREDIENTS, EXCEPT THE COCONUT, AND MIX WELL.

TIP THE GRANOLA ONTO TWO BAKING SHEETS AND SPREAD EVENLY. BAKE FOR 15 MINS, THEN MIX IN THE COCONUT AND BAKE FOR 10-15 MINS MORE. REMOVE AND SCRAPE ONTO A FLAT TRAY TO COOL. THE GRANOLA CAN BE STORED IN AN AIRTIGHT CONTAINER FOR UP TO A MONTH.

SERVE WITH PLAIN FULL FAT GREEK YOGHURT/ COYO COCONUT YOGHURT AND BERRIES

## **GARAM MASALA SPICED SWEET POTATO AND CARROT SOUP**

### **INGREDIENTS**

4 SWEET POTATOES, ROUGHLY  
CHOPPED (1.6KG APPROX)  
4 CARROTS, ROUGHLY CHOPPED  
(500G)  
4 CLOVES OF GARLIC  
1.5 TBS GARAM MASALA  
2 TSPS CHILLI POWDER  
2 TBS EXTRA VIRGIN OLIVE OIL  
4 STICKS OF CELERY, ROUGHLY  
CHOPPED  
1 CUP SPRING ONION, ROUGHLY  
CHOPPED  
1/4 CUP CORIANDER ROOT AND  
STEM, WASHED AND FINELY  
CHOPPED

2 TSPS CUMIN SEEDS  
1 TSP GROUND CORIANDER  
2 CUPS RED LENTILS  
1 LITRE VEGETABLE STOCK  
1.5 LITRE WATER  
1 CUP OF PLAIN UNSWEETENED  
YOGHURT  
2 TSPS HONEY (OPTIONAL, ONLY  
IF YOU FEEL THE FLAVOUR  
BALANCE OF SWEET, SPICY AND  
SALTY IS OFF)  
JUICE OF 1 LIME.  
SPRING ONION, YOGHURT AND  
CORIANDER TO SERVE

### **DIRECTIONS**

PREHEAT OVEN TO 180 DEGREES CELSIUS. PLACE THE CHOPPED POTATOES, CARROT, WHOLE GARLIC CLOVES (SKIN ON), 2/3 OF THE OIL, THE GARAM MASALA AND THE CHILLI POWDER IN THE BAKING DISH AND TOSS WELL TO COMBINE. IT'S FINE FOR IT TO BE A LITTLE CROWDED. ROAST FOR 60 MINUTES. REMOVE GARLIC AFTER 40 MINUTES.

MEANWHILE PLACE THE REMAINING OIL, CELERY, SPRING ONION, CORIANDER ROOT, GROUND CORIANDER, AND CUMIN SEEDS IN A LARGE POT. COOK OVER LOW TO MEDIUM HEAT FOR 5 MINUTES AND THEN ADD THE LENTILS, COOK FOR A FURTHER 2 MINUTES AND THEN ADD THE STOCK AND WATER. COOK FOR 45 MINUTES OR UNTIL THE VEGETABLES HAVE FINISHED ROASTING.

SQUEEZE THE GARLIC INTO THE SOUP POT, DISCARD THE SKINS. NEXT, SCRAPE ROASTED VEGETABLES INTO THE SOUP POT. RINSE THE ROASTING DISH WITH A 1/2 CUP OF HOT WATER AND POUR INTO THE POT TOO, THERE'S LOTS OF FLAVOUR ON THE BOTTOM OF THAT DISH! COOK FOR A FURTHER 10 MINUTES TO LET THE FLAVOURS MELD TOGETHER. TAKE OFF THE HEAT AND USE A STICK BLENDER TO PUREE UNTIL SMOOTH. COOK FOR A FURTHER 10 MINUTES AND THEN PUREE AGAIN WITH THE STICK BLENDER WHILE ADDING THE YOGHURT SPOONFUL BY SPOONFUL. ADD THE LIME JUICE AND STIR TO COMBINE. TASTE TO CHECK SEASONING.

SERVE WITH CRUSTY BREAD AND A SWIRL OF YOGHURT AND SOME FINELY SLICED CORIANDER AND SPRING ONION.

## MOZZARELLA, BASIL AND COURGETTE FRITTATA

### INGREDIENTS

2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

1 1/2 CUPS THINLY SLICED RED ONION

1 1/2 CUPS CHOPPED COURGETTE

7 LARGE EGGS, BEATEN

1/2 TEASPOON SALT

1/4 TEASPOON FRESHLY GROUND PEPPER

2/3 CUP PEARL-SIZE OR BABY FRESH MOZZARELLA BALLS (ABOUT 4 OUNCES)

3 TABLESPOONS CHOPPED SOFT SUN-DRIED TOMATOES

1/4 CUP THINLY SLICED FRESH BASIL

### DIRECTIONS

POSITION RACK IN UPPER THIRD OF OVEN; PREHEAT BROILER.

HEAT OIL IN A LARGE BROILER-SAFE NONSTICK OR CAST-IRON SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION AND COURGETTE AND COOK, STIRRING FREQUENTLY, UNTIL SOFT, 3 TO 5 MINUTES.

MEANWHILE, WHISK EGGS, SALT AND PEPPER IN A BOWL. POUR THE EGGS OVER THE VEGETABLES IN THE PAN. COOK, LIFTING THE EDGES TO ALLOW UNCOOKED EGG FROM THE MIDDLE TO FLOW UNDERNEATH, UNTIL NEARLY SET, ABOUT 2 MINUTES. ARRANGE MOZZARELLA AND SUN-DRIED TOMATOES ON TOP AND PLACE THE SKILLET UNDER THE BROILER UNTIL THE EGGS ARE SLIGHTLY BROWNED, 1 1/2 TO 2 MINUTES. LET STAND FOR 3 MINUTES. TOP WITH BASIL.

TO RELEASE THE FRITTATA FROM THE PAN, RUN A SPATULA AROUND THE EDGE, THEN UNDERNEATH, UNTIL YOU CAN SLIDE OR LIFT IT OUT ONTO A CUTTING BOARD OR SERVING PLATE. CUT INTO 4 SLICES AND SERVE.

## DAY 2

### SPINACH AND TOMATO OMELETTE

5 CHERRY TOMATOES/ 4 SUNDRIED TOMATOES

HANDFUL OF SPINACH

2 EGGS

TSP. DRIED OREGANO

S&P.

SAUTEE THE TOMATO AND SPINACH IN SOME COCONUT OIL UNTIL SOFT. WHISK THE EGGS IN A BOWL WITH THE S&P. POUR OVER THE VEGETABLES AND COOK UNTIL SET. SERVE TOPPED WITH ½ A RIPE AVOCADO SLICED ON TOP.

### QUICK ROASTED VEGETABLE SALAD WITH HUMMUS

COOK A SELECTION OF VEGETABLES (ONIONS, SWEET POTATOES, AUBERGINES, COURGETTES, PEPPERS, LEEKS ETC.) FOR AN HOUR AT 180C IN THE OVEN (WITH A COUPLE OF TBSPS. OF COCONUT OIL). SERVE WITH GREEN SALAD LEAVES AND HUMMUS (DRIZZLE OLIVE OIL AND BALSAMIC VINEGAR OVER THE SALAD) AND PUMPKIN SEEDS. CAN BE EATEN COLD TOO.

## MISO AUBERGINE & BOK CHOY STIR FRY

### **SERVES: 2**

FOR THE NOODLES:

1 AUBERGINE, CUT INTO SMALL PIECES  
120G BOK CHOY (I USED BABY BOK CHOY), HALVED LENGTHWAYS  
150G NOODLES (I USED BROWN RICE NOODLES)  
1 RED CHILLI, SLICED  
HANDFUL OF SESAME SEEDS, ABOUT 20G  
1 TABLESPOON OF MISO PASTE  
1 TEASPOON OF TAMARI  
PINCH OF CHILLI FLAKES  
SESAME OIL

FOR THE DRESSING

1 TABLESPOON OF TAMARI  
1 TABLESPOON OF MISO PASTE  
1 TABLESPOON OF HONEY  
1 TABLESPOON OF SESAME OIL  
1/2 TABLESPOON OF APPLE CIDER VINEGAR  
SPLASH OF LEMON JUICE

### **METHOD:**

PREHEAT YOUR OVEN TO 200C, FAN SETTING.

START BY CUTTING YOUR AUBERGINE INTO SMALL PIECES. THEN PLACE YOUR AUBERGINE IN A ROASTING TRAY AND MIX TOGETHER WITH 1 TEASPOON OF TAMARI AND 1 TABLESPOON OF MISO PASTE. PLACE IN THE OVEN TO ROAST FOR 10-15 MINUTES UNTIL GOLDEN

COOK YOUR NOODLES FOR 10 MINUTES IN BOILING WATER. ONCE COOKED, DRAIN AND LEAVE TO ONE SIDE.

TO MAKE YOUR DRESSING SIMPLY PLACE ALL OF YOUR INGREDIENTS IN A SMALL BOWL AND MIX WELL.

ONCE YOUR AUBERGINES AND NOODLES ARE COOKED, DRIZZLE SOME SESAME OIL IN A FRYING PAN OVER A MEDIUM HEAT, ADD YOUR BOK CHOY AND SAUTÉ FOR 5-10 MINUTES UNTIL GOLDEN. ADD YOUR SLICED CHILLI, AUBERGINE PIECES, NOODLES AND DRESSING - COOK IT ALL FOR ANOTHER 5 MINUTES WHILE GIVING IT A REALLY GOOD STIR.

ONCE READY TO SERVE, STIR THROUGH YOUR SESAME SEEDS AND CHILLI FLAKES

## DAY 3

### HOMEMADE GRANOLA

2 TBSP COCONUT OIL OR OLIVE OIL

125ML MAPLE SYRUP

1 TSP VANILLA EXTRACT

300G ROLLED OATS (ORGANIC JUMBO ONES ARE THE BEST)

50G SUNFLOWER SEEDS

4 TBSP SESAME SEEDS

50G PUMPKIN SEEDS

100G FLAKED ALMONDS

50G COCONUTS FLAKES OR DESICCATED COCONUT (OPTIONAL)

100G NUTS OF CHOICE

HEAT OVEN TO 150C/FAN 130C/GAS 2. MIX THE OIL, MAPLE SYRUP AND VANILLA IN A LARGE BOWL. TIP IN ALL THE REMAINING INGREDIENTS, EXCEPT THE COCONUT, AND MIX WELL.

TIP THE GRANOLA ONTO TWO BAKING SHEETS AND SPREAD EVENLY. BAKE FOR 15 MINS, THEN MIX IN THE COCONUT AND BAKE FOR 10-15 MINS MORE. REMOVE AND SCRAPE ONTO A FLAT TRAY TO COOL. THE GRANOLA CAN BE STORED IN AN AIRTIGHT CONTAINER FOR UP TO A MONTH.

SERVE WITH PLAIN FULL FAT GREEK YOGHURT/ COYO COCONUT YOGHURT AND BERRIES

### GRILLED CHICKEN WITH GARLIC & CHILLI KALE

GRILL CHICKEN WITH SEASONING OF CHOICE (E.G. LEMON AND ROSEMARY)

GARLIC & CHILLI KALE

IN A FRYING PAN, SAUTEE GARLIC AND CHILLI IN COCONUT OIL UNTIL FRAGRANT. ADD KALE AND STIR UNTIL SOFT, MAY NEED TO ADD A SPLASH OF WATER. SEASON.

## CAULIFLOWER AND THYME CARBONARA

### INGREDIENTS: SERVES 2

150G SPAGHETTI (ENOUGH FOR 2 SERVES)  
4 SHORT RASHERS OF STREAKY BACON, DICED (ABOUT 80G)  
2.5 CUPS CAULIFLOWER FLORETS, BROKEN INTO SMALL BITE SIZE PIECES  
2 TBS THYME LEAVES  
1/4 CUP SPRING ONION, FINELY CHOPPED (OR ONE FRENCH SHALLOT)  
2/3 CUP FRESHLY GRATED PARMESAN  
2 EGGS  
2 EGG YOLKS  
2 TSPS EXTRA VIRGIN OLIVE OIL  
BLACK PEPPER



### DIRECTIONS

PUT A LARGE POT OF GENEROUSLY SALTED WATER ON TO BOIL. WHISK TOGETHER THE EGGS, YOLKS, OIL AND PARMESAN. SET ASIDE. PLACE A STEAMING BASKET OVER THE BOILING WATER AND ADD THE CAULIFLOWER FLORETS. STEAM WITH A LID ON FOR 2-3 MINUTES OR UNTIL TENDER. SET ASIDE. ADD YOUR PASTA TO YOUR WATER AND COOK ACCORDING TO PACKET DIRECTIONS. WHEN IT HAS ABOUT 6 MINUTES TO GO START THE NEXT STEP.

PLACE A LARGE PAN ON MEDIUM HEAT AND ADD THE BACON, FRY FOR 1 MINUTE AND THEN ADD THE THYME, SPRING ONION AND STEAMED CAULIFLOWER. CONTINUE TO FRY UNTIL THE BACON IS CRISPY AND THE CAULIFLOWER HAS SOME COLOUR. THIS SHOULD TAKE ABOUT 3-5 MINUTES. KEEP WARM UNTIL YOUR PASTA IS COOKED.

DRAIN PASTA, RESERVING A CUP OF COOKING WATER. PLACE THE PASTA BACK IN THE COOKING POT, OFF THE HEAT ADD THE BACON AND CAULIFLOWER MIXTURE AND THEN ADD THE EGG MIXTURE ALONG WITH 2 TBS OF THE RESERVED PASTA WATER. USE TONGS TO STIR THE EGGS MIXTURE THROUGH THE PASTA.

THE HEAT OF THE OTHER INGREDIENTS AND THE POT SHOULD GENTLY COOK THE EGGS AND THICKEN THE SAUCE. IF IT'S TOO DRY ADD A LITTLE MORE HOT PASTA WATER.

SERVE WITH EXTRA PARMESAN AND LOTS OF BLACK PEPPER.

## DAY 4

### BLUEBERRY, AVOCADO AND BANANA SMOOTHIE

1/2 CUP ALMOND MILK

1 CUP FRESH SPINACH

1 MEDIUM RIPE BANANA – *PEELED*

1/2 RIPE AVOCADO – *PEELED AND PITTED*

2 CUPS FROZEN BLUEBERRIES

1 TABLESPOON GROUND FLAXSEED MEAL

1 TABLESPOON ALMOND BUTTER

1/4 TEASPOON CINNAMON

PLACE ALL THE INGREDIENTS IN YOUR BLENDER IN THE ORDER LISTED: ALMONDMILK, SPINACH, BANANA, AVOCADO, BLUEBERRIES, FLAXSEED MEAL, AND ALMOND BUTTER. BLEND UNTIL SMOOTH. IF YOU'D LIKE A THICKER SMOOTHIE, ADD A SMALL HANDFUL OF ICE. FOR A THINNER SMOOTHIE, ADD A BIT MORE ALMONDMILK. ENJOY IMMEDIATELY.



## THAI CHICKEN SOUP

### INGREDIENTS: SERVES 2

2 TBSP COCONUT OIL	2 CHICKEN BREASTS
1 BUNCH SPRING ONIONS, THINLY SLICES	2 CUPS CHICKEN STOCK
4 GARLIC CLOVES	1 TIN COCONUT MILK
GINGER, THUMBSIZE PIECE, FINELY CHOPPED	1 TBSP FISH SAUCE
1 LARGE CARROT, PEELED, FINELY CHOPPED	2 CUPS THINLY SLICED SUGAR SNAP PEAS
1 CUP SHIITAKE MUSHROOMS	1 TEASPOON LIME ZEST
	FRESH CORIANDER AND BASIL
	LIME WEDGES TO SERVE

### METHOD

HEAT OIL IN A LARGE HEAVY POT OVER MEDIUM-HIGH HEAT. COOK SPRING ONIONS, GARLIC, AND GINGER, STIRRING FREQUENTLY, UNTIL SOFTENED, ABOUT 4 MINUTES.

ADD CARROT AND MUSHROOMS AND COOK UNTIL SOFTENED, ABOUT 3 MINUTES.

ADD CHICKEN, STOCK, COCONUT MILK, AND FISH SAUCE. BRING TO A BOIL, REDUCE HEAT, AND COOK UNTIL CHICKEN IS COOKED THROUGH, 15-20 MINUTES. TRANSFER CHICKEN TO A PLATE AND LET COOL SLIGHTLY.

ADD FISH SAUCE TO SOUP AND SEASON WITH SALT AND MORE FISH SAUCE, IF DESIRED. SHRED CHICKEN INTO LARGE CHUNKS AND RETURN TO POT ALONG WITH SUGAR SNAP PEAS. STIR IN LIME ZEST. TOP WITH FRESH HERBS AND SERVE WITH LIME WEDGES ALONGSIDE.

## SWEET POTATO AND BLACK BEAN SHEPHERD'S PIE

### INGREDIENTS: SERVES 4

600G SWEET POTATO, PEELED AND CUT INTO SMALL CUBES

SMALL SPLASH OF ALMOND MILK

230G BLACK BEANS (DRAINED WEIGHT), DRAINED AND WASHED

230G RED KIDNEY BEANS (DRAINED WEIGHT), DRAINED AND WASHED

X1 400G CAN TINNED TOMATOES

150G BUTTON MUSHROOMS

4 SPRING ONIONS, SLICED

1 LARGE RED ONION, PEELED AND FINELY DICED

2 GARLIC CLOVES, PEELED AND FINELY DICED

1 TABLESPOON MAPLE SYRUP

HANDFUL FRESH CORIANDER, ROUGHLY CHOPPED

TEASPOON SMOKED SWEET PAPRIKA

JUICE OF 1 LIME

SALT AND PEPPER TO TASTE

OLIVE OIL

### **METHOD:**

PREHEAT THE OVEN TO 200C, GRILL SETTING.

BOIL THE PEELED SWEET POTATOES UNTIL TENDER, ABOUT 30 MINUTES. DRAIN AND LEAVE TO ONE SIDE.

FRY THE ONIONS, GARLIC AND A PINCH OF SALT, IN A DRIZZLE OF OLIVE OIL OVER A MEDIUM HEAT FOR 5 MINUTES, UNTIL THE ONION SOFTENS. ADD THE PAPRIKA AND SLICES OF SPRING ONION, SAUTÉ FOR 2-3 MINUTES, ENSURING THEY ARE COATED IN THE PAPRIKA, BEFORE ADDING THE MUSHROOMS AND MIXING AGAIN.

ADD BOTH OF THE BEANS, COATING THEM IN THE PAPRIKA, AND SAUTÉ FOR A FURTHER 5 MINUTES. THEN ADD THE TINNED TOMATOES, MAPLE SYRUP, LIME JUICE, PEPPER AND CORIANDER, MIXING EVERYTHING THROUGH.

ONCE THE SWEET POTATOES ARE SOFT, MASH THEM WITH THE ALMOND MILK AND A PINCH OF SALT.

SPOON THE BEAN MIX AT THE BOTTOM OF A BAKING TRAY AND TOP WITH THE SWEET POTATO MASH. PLACE IN THE OVEN TO GRILL UNTIL IT STARTS TO CRISP ON THE TOP, ABOUT 20-25 MINUTES.

## DAY 5

### SMOKED SALMON & AVOCADO ON RYE BREAD

2 PIECES SMOKED SALMON

½ AVOCADO (WILL LEMON AND OLIVE OIL)

1 PIECE RYE BREAD

SEEDS (OPTIONAL)

### ROASTED VEGETABLE AND CHICKPEA STEW

#### INGREDIENTS: SERVES 4

2 COURGETTES, SLICED

1 AUBERGINE, SLICED

1 RED ONION, SLICED

3 GARLIC CLOVES, CHOPPED

X1 400G CAN OF CHICK PEAS, DRAINED

X2 400G CAN OF TINNED TOMATOES

2 TABLESPOONS OF TOMATO PUREE

1 TABLESPOON OF HONEY OR MAPLE SYRUP

PINCH OF CHILLI FLAKES

SALT AND PEPPER

#### METHOD:

PREHEAT OVEN TO 180C, FAN.

START BY CUTTING UP ALL OF YOUR VEGETABLES INTO BIT SIZED CHUNKS, THEN PLACE THEM IN A BAKING TRAY ALONG WITH THE DRAINED CHICK PEAS AND A GOOD DRIZZLE OF OLIVE OIL, SALT AND PEPPER - GIVE EVERYTHING A REALLY GOOD MIX TO ENSURE ALL OF THE VEGETABLES ARE COATED THEN BAKE IN THE OVEN FOR 35-40 MINUTES.

WHILE YOUR VEGETABLES ARE COOKING PLACE YOUR TINNED TOMATOES, TOMATO PUREE, MAPLE SYRUP, CHILLI FLAKES AND ANOTHER PINCH OF SALT AND PEPPER IN A PAN OVER A MEDIUM HEAT. BRING TO THE BOIL AND THEN REDUCE THE TEMPERATURE AND LEAVE TO SIMMER FOR 10-15 MINUTES.

ONCE YOUR VEGETABLES AND CHICK PEAS ARE COOKED, STIR THEM THROUGH THE TOMATO MIXTURE.

## QUICK CHICKEN & TOMATO CURRY

### INGREDIENTS: SERVES 4

3 TABLESPOONS GHEE, COCONUT OIL, OR EXTRA-VIRGIN OLIVE OIL

1 LARGE RED ONION, CUT INTO ½-INCH WEDGES

1 2-INCH PIECE GINGER, PEELED, FINELY GRATED

4 GARLIC CLOVES, CRUSHED

KOSHER SALT

1 TABLESPOON PLUS 1 TEASPOON GARAM MASALA

1 BAY LEAF

½ TEASPOON CRUSHED RED PEPPER FLAKES

2 TABLESPOONS HONEY

1 28-OUNCE CAN WHOLE PEELED TOMATOES

1 15-OUNCE CAN COCONUT MILK

3 SKINLESS, BONELESS CHICKEN BREASTS (ABOUT 1½ POUNDS TOTAL), CUT INTO 1-INCH-THICK PIECES

½ CUP WHOLE-MILK GREEK YOGURT

½ CUP COARSELY CHOPPED CILANTRO

### **METHOD**

HEAT OIL WIDE SAUCEPAN OVER MEDIUM-HIGH. ADD ONION AND COOK, TURNING OCCASIONALLY, UNTIL UNDERSIDES ARE GOLDEN BROWN, ABOUT 2 MINUTES. ADD GINGER AND GARLIC AND COOK, STIRRING, UNTIL SOFTENED, ABOUT 2 MINUTES; SEASON WITH SALT. ADD GARAM MASALA, BAY LEAF, AND RED PEPPER AND COOK UNTIL FRAGRANT, ABOUT 30 SECONDS. STIR IN HONEY AND COOK UNTIL SLIGHTLY CARAMELIZED, ABOUT 1 MINUTE.

ADD TOMATOES ALONG WITH JUICES AND BRING TO A BOIL, SMASHING DOWN ON TOMATOES WITH A WOODEN SPOON UNTIL PIECES ARE NO BIGGER THAN 1". REDUCE HEAT TO MEDIUM AND COOK, STIRRING OFTEN AND SCRAPING UP BROWNEED BITS FROM BOTTOM OF POT, UNTIL SAUCE THICKENS, 8-10 MINUTES. ADD COCONUT MILK AND COOK, STIRRING OCCASIONALLY, UNTIL SAUCE THICKENS, 20-25 MINUTES; TASTE AND SEASON WITH SALT, IF NEEDED. ADD CHICKEN STRIPS AND REDUCE HEAT TO LOW. COOK, PARTIALLY COVERED, UNTIL CHICKEN IS COOKED THROUGH, 8-10 MINUTES. SEASON WITH SALT.

STIR YOGURT, A BIG PINCH OF SALT, AND 2 TBSP. WATER IN A SMALL BOWL.

DRIZZLE YOGURT SAUCE OVER STEW. TOP WITH CILANTRO BEFORE SERVING.

## DAY 6

### CHORIZO AND TOMATO OMELETTE

6 SLICES CHORIZO

5 CHERRY TOMATOES

2 EGGS, WHISKED

SEASONING

SAUTE CHORIZO AND CHERRY TOMATOES. ADD EGGS

### HUMMUS WITH SLOW ROASTED TOMATO AND POMEGRANTE SALAD

#### INGREDIENTS: SERVES 2

1 X PUNNET CHERRY TOMATOES,  
HALVED

1/2 TSP SALT

2 CLOVES GARLIC

2 TSPS EXTRA VIRGIN OLIVE OIL (  
+MORE FOR SERVING)

1/4 CUP ROUGHLY CHOPPED FLAT  
LEAF PARSLEY

1/2 CUP LOOSELY PACK MINT  
LEAVES (BIG ONES SHOULD BE  
CHOPPED)

2 TBS SPRING ONION, FINELY SLICED

1 TBS LEMON ZEST

1 TBS LEMON JUICE

1TSP FINELY CHOPPED CHILLI  
(REMOVE SEEDS TO DECREASE HEAT)

2 TBS POMEGRANATE AERILS.

HUMMUS

PITTA BREAD TO SERVE

#### METHOD

PREHEAT OVEN TO 160 DEGREES CELSIUS.

LINE A TRAY WITH BAKING PAPER. IN A MEDIUM BOWL TOSS THE TOMATOES WITH SALT PEPPER AND OLIVE OIL THEN SPREAD IN A SINGLE LAYER ON THE PREPARED TRAY ADD GARLIC CLOVES. ROAST FOR 30 MINUTES OR UNTIL THE TOMATOES HAVE COLLAPSED AND BECOME SOMEWHAT STICKY. AT THE 20-MINUTE MARK REMOVE THE GARLIC AND USE IN THE HUMMUS BELOW.

MAKE THE REST OF THE TOMATO SALAD BY COMBINING THE HERBS, CHILLI, POMEGRANATE, LEMON ZEST AND SPRING ONION IN A BOWL. TOSS GENTLY TO COMBINE WITH THE WARM TOMATOES. DRESS WITH LEMON JUICE AND DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

PILE THE HUMMUS ON TO A PLATE AND SPREAD, TOP WITH THE TOMATO SALAD AND AN EXTRA DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

SERVE WITH PITTA BREAD.

## **PEARL BARLEY 'RISOTTO' WITH ROAST PUMPKIN, SUN DRIED TOMATO, BASIL AND FETA**

### **INGREDIENTS: SERVES 6**

400G PUMPKIN, IN 2CM CURBES	2 LITERS VEGETABLE STOCK, HOT
1 TBS FRESH THYME	1 CUP SEMI DRIED TOMATOES, ROUGHLY CHOPPED
3 CLOVES GARLIC	1 CUP FRESHLY GRATED PARMESAN CHEESE
2 TBS OLIVE OIL	1.5 CUPS FRESH BASIL, TORN
2 STICKS CELERY, FINELY CHOPPED	120G FETA
3 CUPS PEARL BARLEY	SALT AND PEPPER
1 CUP WHITE WINE	

### **METHOD**

PREHEAT OVEN TO 180 DEGREES. LINE A BAKING TRAY. TOSS PUMPKIN WITH THYME AND 1 TBS OF OLIVE OIL. SPREAD PUMPKIN IN A SINGLE LAYER ON THE BAKING TRAY. ADD GARLIC CLOVES, WHOLE AND IN THEIR SKIN. SEASON WITH SALT AND PEPPER AND ROAST FOR 25 MINUTES.

MEANWHILE ADD REMAINING OLIVE OIL TO A LARGE DEEP HEAVY BASED FRYING PAN AND PUT ON MEDIUM HIGH HEAT. ONCE HOT ADD THE CELERY. TURN DOWN THE HEAT AND COOK CELERY, STIRRING OFTEN FOR A 2-3 MINUTES UNTIL SOFTENED.

RINSE PEARL BARLEY AND THEN ADD TO THE CELERY. STIR FOR 1-2 MINUTES TO COAT IN OIL AND TOAST SLIGHTLY. ADD A LITTLE STOCK IF IT'S STICKING ALREADY. ADD THE WINE AND COOK UNTIL MOSTLY EVAPORATED AND THEN ADD 1 LITRE OF HOT STOCK. STIR AND COOK FOR 15 MINUTES.

ADD THE CHOPPED SEMI DRIED TOMATOES AND THE REMAINING STOCK. COOK WITH THE LID ON YOUR PAN (OR USE FOIL OR A LARGE PLATE TO COVER) FOR 15 - 25 MINUTES. REMOVE THE LID AND STIR EVERY COUPLE OF MINUTES DURING THIS TIME. THE BARLEY IS DONE WHEN THE STOCK IS MOSTLY EVAPORATED AND IT IS TENDER, COOKING TIME CAN VARY DEPENDING ON THE BATCH SO CHECK IT!

ONCE TENDER ADD THE PUMPKIN, STIR TO COMBINE. TURN OFF THE HEAT ADD PARMESAN AND MIX WELL. ADD 3/4 CUP BASIL AND 100G OF FETA AND STIR GENTLY TO JUST MIX THROUGH. CHECK SEASONING.

SERVE SCATTERED WITH REMAINING FETA AND BASIL

# DAY 7

## BREAKFAST SMOOTHIE (SERVES 1)

1/2 BANANA

HANDFUL OF FROZEN BERRIES/FRESH IN SEASON BERRIES

BIG HANDFUL OF FRESH SPINACH

1 EGG (IF YOU CAN'T FACE RAW EGG YOU CAN USE PROTEIN POWDER\*)

1 TBSP. NUT BUTTER

2 TABLESPOONS OF GROUND SEEDS (E.G. LINWOODS)

¼ AVOCADO

ADD WATER OR MILK ALTERNATIVE LIKE ALMOND MILK (NOT SOYA) TO GET A CONSISTENCY YOU LIKE AND WHIZZ UP IN A BLENDER.

COULD ADD IN SOME SPIRULINA HERE BUT VERY HEARTY SO WATCH PORTION SIZE AND ALSO MACA POWDER IS GREAT FOR ENERGY.

## **KALE, CHILLI AND SWEET POTATO CURRY**

### **INGREDIENTS: SERVES 4**

3 SPRING ONIONS, CHOPPED  
1 TBSP OF COCONUT OIL  
1 THUMB OF GINGER, GRATED  
2 GARLIC CLOVES, CRUSHED  
50G OF KALE, SLICED  
2 SWEET POTATOES, CUBED  
1 CAN OF COCONUT MILK  
1 RED CHILLI  
1 TBSP OF MISO PASTE  
1/2 STICK OF LEMON GRASS, GRATED  
1 LIME  
100G OF BROWN RICE OR OTHER RICE, COOKED

### **METHOD**

HEAT THE OIL IN A LARGE POT, BROWN THE ONIONS, GARLIC, GINGER AND CHILLI FOR A MINUTE.

NEXT, ADD THE SWEET POTATO STIR WELL AND THEN POUR OVER THE MILK.

ADD THE MISO PASTE, ADD THE LEMON GRASS, THEN STIR AND SIMMER FOR 30 MINS.

ADD IN THE KALE AND COOK FOR A FURTHER 5 MINUTES, TAKE OFF THE HEAT STIR IN THE LIME JUICE, SEASON WITH SALT.

SERVE WITH BROWN RICE TOPPED WITH FRESH CORIANDER, CHILLI AND COCONUT FLAKES

## **SMASHED AVO ON RYE BREAD WITH POACHED EGG & CHILLI**

½ AVOCADO SMASHED WITH LEMON, OLIVE OIL, SALT AND PEPPER

1 SLICE RYE BREAD

1 EGG

½ FRESH CHILLI, SLICED

SPRINKLE WITH FETA AND CORIANDER