



veggie superpowers

eat right and feel amazing

The Veggie Superpowered Week

THE RECIPES

28 August – 3 September 2017



MONDAY

Overnight chia oats

INGREDIENTS | makes 4 portions

2 cup oats (*I like jumbo oats for texture*)
1/4 cup pumpkin seeds
1/4 cup dried fruit (eg goji/apricot/raisins etc)
1/4 cup whole chia seeds
4 cups dairy free milk (or cow's milk)
1/2 cup fresh/frozen fruit (eg blueberries)
1/2 cup mixed nuts (eg pecans/walnuts)

Optional extras:

1/4 cup tbsp toasted flaked almonds
2 tsp cinnamon
4 tbsp protein powder (*eg pea protein*)

METHOD

1. Add oats, pumpkin seeds, dried fruit and chia seeds to a bowl and mix.
2. Add the milk and stir well.
3. Cover and refrigerate overnight or for at least an hour.
4. After soaking, check the consistency and add more milk if it's too thick.
5. Take out the portions you are ready to eat and top with relevant amount of fresh/frozen fruit and mixed nuts.
Add flaked almonds, cinnamon and protein powder if using.

Chia seeds

Rich in fibre and an omega-3 fatty acid. Great to support digestion thanks to their '*mucilaginous*' property. These are quite readily available in supermarkets now but if you can't find any just leave them out and use a bit less milk.

Make your own almond milk

1 cup almonds
4 cups filtered water
1 tsp vanilla extract

Soak almonds overnight (or 4+ hours) in plenty of water. Drain and rinse them well. Add them to a blender jug with 2 cups water and blend. Strain through muslin cloth (or a sieve is fine it just won't be as smooth) and add vanilla. Stores in fridge for 3-4 days.

Classic houmous

INGREDIENTS | makes 4 portions

2 x 400g tins chickpeas drained and rinsed well
2 cloves garlic, crushed (or 2 tsp frozen chopped garlic)
Juice of a lemon
1/4 cup tahini (sesame seed paste – stir well before use)
1/4 cup extra virgin olive oil
1/2 tsp sea salt or to taste
Filtered water, as required

METHOD

Add all ingredients to a food processor and blend until smooth.
Add a little water, 1 tsp at a time, if the consistency is too thick.

Time saver

If you need to, buy a tub of ready-made houmous. But find one with a short ingredients list and avoid additives and sugar. I like to pick one made with extra virgin olive oil.

Jazz it up

Feeling creative? Houmous is so easy to adapt. Try adding some sundried tomatoes (in oil), pesto, roasted peppers, fresh coriander, or spices (cumin works well). You can also try different pulses. Cannellini beans are good.

Dahl-icious soup

INGREDIENTS | Makes 4 servings

1 tbsp rapeseed oil
1 red onion, chopped
1 clove garlic, crushed (or 1 tsp frozen chopped garlic)
1 inch ginger, finely grated (or 2 tsp frozen chopped ginger)
1 tsp each ground cumin, coriander, turmeric
1/2 to 1 red chilli, finely chopped
1 medium carrot, chopped to a small dice
1 bell pepper, chopped to a small dice
1 small sweet potato, chopped to a small dice
1 stick celery, chopped to a small dice
1 cup dry red lentils, soaked for a few hours if possible
1 tin chopped tomatoes or 1 carton of passata
750ml boiled water
2 tsp sea salt or to taste + freshly ground black pepper
50g creamed coconut, roughly chopped
Juice of half a lemon (about 1 tbsp)

Optional: Bread / oat cakes to serve. Fresh herbs to top.

METHOD

Before you begin cooking it's a good idea to chop all the veg (onion, carrot, pepper, sweet potato, celery) - it often makes the process quicker altogether. Chop all to a similar size: 0.5–1cm.

1. Heat oil in a large saucepan on a medium heat.
2. Add onion and put lid on. Sauté for 5 minutes, stirring regularly so it doesn't colour, just softens.
3. Add garlic, ginger and spices and stir well. Cook for 1 minute until fragrant.
4. Add chilli and vegetables and stir to combine with the onion and spice mix.
5. Add lentils, tomatoes/passata, salt, pepper and water (start with the 750ml of water but you may wish to add more later depending on desired consistency).
6. Cover with lid and simmer for 20 minutes, stirring regularly.
7. When the lentils are soft, stir in the chopped coconut until it melts. Add extra water if the soup is too thick for your liking.
8. Add lemon juice and check seasoning - add more salt and pepper if desired.
Top with fresh chopped herbs when serving if desired/convenient.

Time saver

Buy frozen, chopped ginger and garlic instead – they save so much time, and mess, and can be added directly into recipes.

Prep

Ideally, soak your lentils for a few hours beforehand to soften, improve digestion and reduce cooking time. If not, just rinse them well before adding.

Creamed coconut

Creamed coconut comes as a hard block, in a sachet. If you can't find it use a small tin of coconut cream instead.

Heating/transporting

If you will be out and about when having the soup, take it in a microwavable container if that's an option for heating. Even better, I love my thermos container, which allows me to heat my lunch in the morning and it's still piping hot at lunchtime.

Storage

The soup will keep in the fridge for around 5 days but also freezes well and can be reheated in a pan from frozen or defrosted in the fridge overnight. You may need to add some extra water when reheating as it tends to thicken after storage and be more like a stew; which is very nice anyway!



Lemon maca maca energy balls

INGREDIENTS | Makes 18-20 balls

1 cup raw macadamia nuts
8 Medjool or 15 regular dried dates, pitted
grated zest of 1 unwaxed lemon
2 tbsp porridge oats
1 tbsp maca powder (optional)
1 tbsp coconut oil, melted
1 tbsp chia seeds
small pinch sea salt

METHOD

Place all ingredients in the bowl of a food processor and blitz for 1 minute, or until the mixture sticks together when you press it between your fingers.

Shape the mixture into 18-20 balls (roughly 1 heaped teaspoon for each). Store in an airtight container in the fridge for a week or freezer for 1-2 months.

Time saver

There are lots of great 'energy balls' and raw snack bars on the market now that just use a few simple ingredients. Brands I like include Nakd, Bounce and Deliciously Ella. Pick some up if you don't have chance to make your own.

Maca

Maca powder comes from the dried, ground root of a plant that grows in Peru. Rich in vitamins and minerals, it is known as an 'adaptogen' – a product that helps your body deal with extreme circumstances or stress.



Romano peppers with lentils and toasted cashews

INGREDIENTS | makes 4 portions

4 romano peppers, sliced in half lengthways (*normal peppers would work fine too*)
1 pack cooked puy lentils
1 cup cherry tomatoes, halved
Handful fresh basil leaves
1/2 cup cashews (OR 100g goats cheese - cubed)
Rapeseed oil to drizzle

Tahini dressing:

5 tbsp tahini
5 tbsp water (more if needed)
Juice of a lime (1-2 tbsp)
sea salt and cayenne pepper, to taste

To serve:

2 medium-large sweet potatoes (*you could use normal potatoes if you prefer*)
1 tbsp rapeseed oil
4 cups broccoli florets

METHOD

1. Preheat oven to 180°C.
2. Wash and cut potatoes into chunky wedges. Dry off any excess moisture with a clean towel and place in a large roasting tin. Drizzle with 1 tbsp rapeseed oil and place in oven for 20 mins before turning and then adding the halved peppers in, drizzled with a little extra oil. Cook for another 10 minutes until potatoes are tender.
3. Remove potatoes from the oven. Spoon the lentils onto each half pepper.
4. Add tomatoes, face up, basil leaves and cashews/cheese. Add a little salt, pepper/cayenne pepper to taste.
5. Drizzle with olive oil and return to the oven for 5 minutes.
6. In the last 5 minutes of cooking, add broccoli to a steamer or pan of boiling water then drain.
7. Assemble peppers, sweet potato wedges and greens on plates.

For lunch on Tuesday, save half of the peppers and serve with salad leaves or extra cooked seasonal greens.



TUESDAY

Chocolate trail mix

INGREDIENTS | makes 4 cups (about 8 portions)

1/2 cup macadamia nuts
1/2 cup pecans
1/2 cup almonds
1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1/2 cup unsweetened cranberries or other mixed dried fruit
1/4 cup chopped dark chocolate (85% or 70%)
1/2 tsp cinnamon - optional

Time saver

This is super speedy to make and if you mix up a big portion it can serve as snacks for a few weeks! It keeps well in a cool dry place. If you don't get around to it though, just buy a bag of mixed nuts and seeds.

METHOD

Combine all ingredients in a large storage container and mix well. The ingredients you use for your trail mix are up to you, so experiment or pick out your own personal favourites. Trail mix is great for you but holds a lot of energy and can be very moreish! So I find it's best to measure yourself out a sensible portion to eat (about 1/2 a cup) instead of delving straight into the whole mix...if you can resist!

Nut/seed free

To make this nut free you can use a mix of seeds like pumpkin, sunflower and sesame. To avoid seeds too, below is the recipe for a good alternative:

Roasted chickpeas

INGREDIENTS

1. 1 tin organic chickpeas
2. 1/2 tbsp olive oil
3. 1/2 tsp garlic powder
4. 1/2 tsp sea salt
5. pinch cayenne pepper

METHOD

1. Preheat oven to 200°C (180°C fan).
2. Drain, rinse well and dry chickpeas with clean towel.
3. Place on a baking tray and drizzle over olive oil and roll to coat them.
4. Sprinkle over garlic powder, salt and cayenne pepper. Roll again.
5. Bake at 200°C for 20 mins then shake and put back in for 10-15 mins.

You can try a **sweeter version** too with cinnamon and coconut sugar. They are best eaten when they first emerge from the oven. They can be stored and eaten later but will lose some of their yummy crunch. Leave in the oven while the oven cools to dry them out more fully and keep crunchier for longer.



Mushroom pasta with basil pesto

INGREDIENTS | makes 4 portions

4 cups dried pasta of choice – I like brown rice pasta
2 cups chestnut mushrooms, sliced
1 tbsp oil
4 cups spinach or other leafy greens

Pesto:

1/4 cup frozen peas, covered in boiling water for 5 minutes to defrost, drained
2 cups fresh basil
1/2 cup pine nuts, toasted
1 garlic clove, crushed
3 tbsp nutritional yeast flakes (or 3 tbsp grated Parmesan) +
a little extra for topping
Juice of half a lemon
sea salt and black pepper, to taste

METHOD

1. Toast the pine nuts in a large dry frying pan (optional but improves the flavour). Toss frequently, until lightly browned. Careful; they can suddenly catch and burn.
2. Add all the pesto ingredients to a food processor and blitz until as smooth as you'd like it. Scrape down the sides a few times to ensure it's well combined. Taste and adjust seasoning accordingly.
3. Add the pasta to a large pan of boiling water. Make sure there is plenty of water so the pasta doesn't end up too sticky.
4. While the pasta cooks, heat the oil over a medium heat and add the mushrooms and a tablespoon of water. Cover and toss regularly until cooked. Leave the lid off and turn up the heat to evaporate any leftover liquid if required.
5. Drain the pasta and return to the pan. Don't be too thorough so that 1-2 tablespoons of cooking water remain. Stir in the pesto, mushrooms and spinach/greens to wilt. Top with a scattering of extra nutritional yeast or Parmesan and some freshly ground black pepper.

Time saver

Simply buy some ready-made pesto to make this a super-speedy meal. Vegan pesto can be found in the free-from section of most supermarkets if required.

Mushroom alternative

If you're not a fan of mushrooms (they are great for your immune system!) they could be replaced with a veg of choice, eg aubergine, or chicken if you eat meat.



WEDNESDAY

Mango avocado creamy green smoothie

INGREDIENTS | serves 2

1 ripe avocado
1 ripe mango, fresh or 1-1.5 cups frozen mango
1 tbsp chia seeds
1/2 cup packed of spinach
1 tbsp almond butter
Juice of half a lime
1/2 tbsp maca powder (optional)
1-2 tbsp protein powder (eg pea protein) (optional)
1-2 tsp honey or 1 Medjool date to sweeten (optional)
2 cups dairy free milk eg almond (or water)

Time saver

You can place all the ingredients, except the avocado, in the blender the night before and store in the fridge. Add the avocado and blend in the morning.

Frozen mango

It's good to use frozen mango as it cools the smoothie which gives it a fresher taste.

METHOD

Add all ingredients to a blender and blend until smooth. If it's too thick for your taste, add a little extra water and blend again. Taste before adding honey/date if you prefer it sweeter.

Smoothies

Not a smoothie drinker? Give this one a go just this once! Smoothies are a great habit to get into as they are such a straightforward way to get a big hit of nutrition.

You'll see there are various optional extras. Adapt your smoothie to suit you.



Bean chilli tacos

INGREDIENTS | makes 4 portions of chilli (tacos for 2)

1-2 tbsp oil
1 red onion, chopped
2 cloves garlic, crushed (or 1 tsp frozen chopped garlic)
2 tsp sweet paprika
1/2 tsp smoked paprika
2 tsp ground cumin
1 red chilli, deseeded and finely chopped
1 red pepper, chopped
1 tin chopped tomatoes
2 tbsp tomato puree
1 tin red kidney beans, drained and rinsed well
1 tin haricot beans, or beans of choice, drained and rinsed well
1/2 cup sweetcorn
Juice of 1 lime
1-2 tsp sea salt, or to taste
Black pepper, to taste

Time saver

You could buy some ready-made guacamole, although I've never found one that's as good as making your own. You could also just top your tacos with fresh slices of avocado instead of guacamole.

To serve:

Guacamole: 1 ripe avocado, 1 lime, 1 large handful fresh coriander.
4-6 tacos

METHOD

1. Add oil to a large saucepan over a medium heat then add the onion and cook for 5 minutes, stirring often.
2. Add the garlic and stir in for 30 seconds.
3. Add the paprika, smoked paprika and ground cumin and stir for 1 minute so it becomes fragrant.
4. Add the chilli and stir in then add the pepper, tomatoes, tomato puree, beans and sweetcorn. Stir well. Heat it up and simmer for about 20 minutes or until it's reached a consistency you like. If it's too thin, turn up the heat a bit to evaporate more liquid. If it gets too thick add a dash of water.
5. Finish with the lime juice and season with salt and pepper, to taste.
6. To make the guacamole, scoop out the avocado flesh then crush it with a fork or, if it's too hard, finely chop. Stir in the lime juice and season to taste. Chop most of the coriander and stir in.
7. Pile some chilli into a taco, add a spoon of guacamole and some of the reserved coriander leaves. Add a final squeeze of lime if you like it zingy! Avoid over-filling if you want to avoid getting too messy!

Save half the mixture to top your sweet potato for dinner on Thursday.



THURSDAY

Apple and cinnamon nutty porridge

INGREDIENTS | serves 2

1 cup jumbo oats
2 cups filtered water
1 apple, finely chopped or grated
1 tsp cinnamon
2 tsp coconut oil
1 tbsp pumpkin seeds
1 tbsp sunflower seeds
1-2 tbsp almond butter
2 tsp honey (or maple syrup)

METHOD

1. Add oats, water and apple to a saucepan.
2. Stir and heat. Simmer gently for 10 minutes, stirring often. If it gets too thick for your taste, add a little extra water.
3. Stir in the cinnamon and coconut oil.
4. Serve into bowls and top with seeds, almond butter and honey.

Water or milk

You could use dairy free milk or milk to replace some of the water if you prefer it creamier.

Raw honey

Try to find a 'raw' honey or one that says it is 'cold pressed'. Honey is still sugar, but its advantage over sugar is that it contains phytonutrients. If heated or pasteurised the benefits of these are removed.

Buried sweet potato

INGREDIENTS | serves 2

2 medium sweet potatoes, washed and pricked
Leftover bean chilli (see Wednesday recipe)
1/2 cup grated carrot and/or grated beetroot
1 cup greens, thinly sliced (eg spinach)
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
1 tsp sesame seeds

1/4 cup coriander, chopped (or fresh herbs of choice)

Tahini dressing:

5 tbsp tahini
5 tbsp water (more if needed)
Juice of a lime (1-2 tbsp)
sea salt and cayenne pepper, to taste

METHOD

1. Preheat oven to 200°C then place potatoes directly on a shelf with a baking tray on the shelf below to catch drips. They should take 60-90 minutes to cook and soften; test with a sharp knife. Turn once or twice during cooking.
2. While the potatoes are cooking, prepare the other ingredients and make the dressing: add all dressing ingredients to a small bowl and stir thoroughly to mix. Add a dash more water if you would prefer a thinner consistency. Warm the leftover chilli.
3. When the potatoes are ready, place each one on a plate, slice in the middle and open a little then top with all the ingredients.

Time saver

This dressing is really quick to make, but if you want it even quicker, just use plain tahini or some leftover guacamole if you have some.



FRIDAY

Quinoa, beetroot, watercress salad with courgette ribbons

INGREDIENTS | makes 4 portions

1 cup quinoa, soaked in water for a few hours if possible
2 cups water
2 small cooked beetroot, chopped into chunks
1 bag watercress
2 large courgette, peeled into ribbons with a potato peeler
4 tbsp pine nuts, toasted
1/4 cup dried organic apricots, chopped
1/2 cup chopped fresh coriander
1/2 cup chopped fresh parsley
sea salt and black pepper, to taste

Lemon vinaigrette:

4 tbsp lemon juice
8 tbsp extra virgin olive oil
1/2 tsp salt and freshly ground black pepper, to taste

Time saver

Simply buy a sachet of ready-cooked quinoa or an alternative grain like brown rice or cauliflower rice.

Beetroot

Not to everyone's taste, if you don't want to use beetroot, substitute for another veg like peppers, tomatoes or cucumber.

METHOD

1. Drain and rinse the quinoa or, if you haven't had time to soak it, rinse well until the water runs clear.
2. Place in a pan with the water. Bring to the boil and simmer for 15 minutes – the water should boil away. If it gets too dry before 15 minutes, add a touch more water. If it is too wet, turn up the heat to evaporate the remaining liquid.
3. Leave the quinoa aside for 5 minutes then fluff with a fork.
4. While the quinoa cooks, add all the remaining ingredients to a large bowl (and toast the pine nuts). When the quinoa has cooled a bit, stir it in. Check seasoning and adjust if necessary.
5. Add the vinaigrette ingredients to a jam jar and shake well (or whisk up in a jug or bowl).
6. Portion out the salad into bowls and top with the dressing. Keep the remaining dressing and salad separate so the salad doesn't go soggy.

Dressing

A good dressing really transforms a salad. Here we've used a vinaigrette because it's so easy, you definitely won't be tempted to buy an overly-sweet or salty shop-bought version. If you loved the tahini dressing from earlier in the week (I do!), you could make that again instead.



Harissa roasted vegetables with toasted walnuts

INGREDIENTS | makes 4 portions

2 red onions, peeled and chopped into wedges
4 cloves garlic, peeled, roughly chopped
2 courgettes, chunked
2 bell peppers (eg red and yellow), chunked
1 fennel bulb, thickly sliced
1 aubergine, chunked
1 tbsp rapeseed oil
2-3 tbsp harissa paste (it's spicy!)
fresh herbs, eg thyme, rosemary, oregano (optional)
1/2 cup walnuts
sea salt and black pepper, to taste

To serve: fresh bread of choice or oat cakes (optional)

METHOD

1. Preheat oven to 200°C (180°C fan).
2. Chop all the veg and place in a large roasting tin or 2 tins.
3. Drizzle with oil. Add harissa paste and stir well so all the veg is coated. Add herbs, if using. You can leave the herbs whole and remove at the end.
4. Place in the oven for 15 minutes.
5. While the veg cooks, toast the walnuts in a dry frying pan for a couple of mins on each side.
6. Remove and toss well to turn the veg over.
7. Replace in oven for a further 10-20 minutes or until juicy. Don't overcook or they will be quite sloppy, especially when you enjoy the leftovers on Sunday.
8. Serve in big bowls, topped with toasted walnuts and bread/oat cakes on the side if you wish.

Reserve half the vegetables for salad wraps on Sunday.

Vegetables

If there are any of these veg you aren't keen on just substitute for something else. Other nice options would be cauliflower, squash or tomatoes.

Nut free

If you don't eat nuts, top with another protein of choice, eg sesame seeds, eggs, cheese, or cooked lentils.



SATURDAY

Scrambled tofu and avocado

INGREDIENTS | serves 2

1 tbsp coconut oil
1/2 onion, chopped
1 tsp ground turmeric
1/4 cup sundried tomatoes (stored in oil), roughly chopped
1 pack organic tofu (about 250g), roughly chopped, OR 4 eggs, whisked
Sea salt and black pepper, to taste
Cayenne pepper (optional)
1 ripe avocado
1/2 lime (optional)

To serve:

Bread of choice or oat cakes (optional)

METHOD

1. Melt the coconut oil in a large frying pan and add the onion. Cook over medium heat, stirring often, until softened.
2. Add the turmeric and stir to cook for a minute until fragrant.
3. Add the tomatoes, tofu/egg, salt and pepper.
4. Cook, stirring, over a low-medium heat for 5-8 minutes until the tofu/egg is nicely scrambled.
5. Meanwhile, slice the avocado and assemble on plates. Add a squeeze of lime if you wish.
6. Add the scramble to the plates and enjoy with some bread or oat cakes if you like.



Curry in a hurry

INGREDIENTS | serves 3-4

1 tbsp coconut oil
1 onion, diced
Pinch of sea salt + more to taste
2 cloves garlic, finely chopped or crushed (or 2 tsp frozen garlic)
1 inch ginger, grated (or 2 tsp frozen ginger)
1/2 tbsp ground coriander
1/2 tbsp cumin seeds
1/2 tsp ground turmeric
3 tomatoes, diced
1/2 head cauliflower (or broccoli) broken into small florets
1-2 cups chestnut mushrooms, halved or quartered
1 tin (400ml) coconut milk
1/2 cup ground almonds
Cayenne pepper, to taste
1/2 lemon or lime
Bunch fresh coriander, roughly chopped

To serve:

1/2 cup brown rice, soaked in water for a few hours if possible, drained and rinsed
1 cup water

METHOD

1. If serving with rice, start it off cooking at the start and it will be ready around the same time as the curry. Place rice and water in a pan, bring to the boil then simmer, covered for 25-30 minutes.
2. Add oil to a medium-large saucepan and heat on medium.
3. Add onion and a generous pinch of salt and sauté for 5 minutes.
4. Add garlic and ginger, stir and cook for a minute.
5. Add spices and stir well to mix and cook for another minute until nicely fragrant. You could add a little more oil at this point if you feel it's needed to prevent the pan being too dry and the spices burning.
6. Add tomatoes and stir well to help to break them down. The mixture should be looking a bit like a paste at this point, add a little water if it's too dry.
7. Add cauliflower and mushrooms, stir and cook for a couple of minutes then add coconut milk.
8. Simmer gently with lid on until cauliflower is tender (approx. 15-20 minutes) then add ground almonds to thicken if you wish. Cook for a couple of minutes more.
9. Check seasoning and add more salt and cayenne pepper to taste.
10. Finish with a squeeze of lemon or lime.
11. Serve with brown rice and top with fresh coriander.

Time saver

Simply buy a sachet of ready-cooked rice or an alternative like cauliflower rice.

Making your own curry base is great but if it's too much for you, buy a good quality paste.

Nut free

A good alternative to almonds would be 1/4 cup ground flax seeds. For nut *and* seed-free, mix 1/2tbsp of corn flour or arrowroot starch with a little water to form a paste and add in. repeat if required.

Veg

This can be made with any veg really. Try green beans, squash, peas, baby corn or mange tout.



SUNDAY

Smokey baked beans

INGREDIENTS | makes 4-6 portions

1 tbsp oil
1 onion, chopped
2 garlic cloves, crushed (or 2 tsp frozen garlic)
2 carrots, chopped to small cubes (about 0.5cm across)
2 tins white beans eg haricot, cannellini, butter bean, or a mix
2 tins of chopped tomatoes
2 tbsp tomato puree
2 tbsp of apple cider vinegar
1 tbsp of coconut sugar (or maple syrup)
Smoked paprika, salt and pepper or cayenne pepper to taste

Time saver

The obvious time saver here: buy a tin of baked beans. Try to pick one without too much sugar, salt or additives. Once you try making them yourself and realise how easy and SO much more delicious they are though, you may never go back!

To serve:

Bread of choice (optional)

METHOD

1. Fry the onion and garlic with the oil gently in a large saucepan until softened.
2. Add the rest of the ingredients and leave to simmer for about an hour (add water if needed), stirring regularly. You can cook them for less time but the flavours develop more if given longer.

Storage

These taste even better the next day when re-heated. They'll keep in the fridge for about 4-5 days but freeze really well in portions that are great to take out and reheat for tasty lazy breakfasts or even on a potato for a speedy mid-week meal.

Roasted vegetable salad wraps

INGREDIENTS | serves 2

2-4 wholegrain wraps
Leftover roasted vegetables from Friday
Salad leaves (optional)

METHOD

Simply load up your wraps with the roasted veg and salad if using. Enjoy at room temperature or warm up a bit if you prefer. Avoid using straight out the fridge though, just because the flavour won't come through as much.



Raw veggie pad thai

INGREDIENTS | serves 2

1 large courgette
2 medium carrots
4 spring onions
1 cup bean sprouts
1/4 cup sunflower seeds
2 tbsp black sesame seeds (or white if you don't have black)
Handful fresh coriander, chopped
2 large handfuls rocket or watercress

Time saver

You can actually buy ready-spiralised courgette now! If you don't have a spiraliser you could just use a peeler to create ribbons of courgette and carrot instead.

Sauce:

1 baby avocado or half a larger one
2 tbsp almond butter
2-3 tsp grated ginger
1 garlic clove minced
Juice of a lime, about 2 tbsp
1 tbsp tamari sauce
1 tbsp runny honey
Pinch cayenne
About 3 tbsp water to thin

METHOD

1. Toast the sunflower seeds in a large dry pan on a medium-high heat for a few minutes until lightly toasted, tossing often.
2. Place all the sauce ingredients in a small food processor and blend until smooth.
3. Spiralise the carrots and courgette. Place in a large bowl with the spring onions and bean sprouts. Add the sunflower seeds, sesame seeds and coriander - reserve a bit of each of these for topping each dish.
4. Add the sauce to the bowl and mix well to coat.
Divide rocket/watercress into 2 bowls and top with the noodle mix and then the reserved seeds and coriander.