

Recipe Book



ENRICHED
NUTRITION & LIFESTYLE COACHING

DINNER



THAI SPICED SALMON WITH PRAWNS

Serves 4

Ingredients:

4 salmon fillets
150g king prawns
4cm ginger
2 cloves garlic
1 red pepper
2 spring onions
1 stalk lemongrass
3 tbsp tamari
1.5 tsp mirin
2 heads pak choi
1-2 packs Tenderstem broccoli
Fresh coriander

1. Preheat the oven to 200C.
2. Peel and chop the ginger into matchsticks and finely chop the garlic. Deseed the pepper, cut in half and matchstick. Finely slice the spring onions.
3. Lay out a large piece of baking paper in a baking dish and place the salmon fillets on it, spacing them equally.
4. Scatter the ginger, garlic, pepper and half the sliced spring onion equally over the fillets.
5. Bash the lemongrass with a rolling pin, cut into 4 equal pieces and lay a piece on top of each salmon fillet.
6. Drain the prawns and scatter them over the salmon.
7. Mix the tamari and mirin together in a small bowl. Gather up the sides of the baking paper and drizzle the tamari/mirin mixture evenly over the fillets.
8. As best you can, bring together the baking paper to create a parcel to prevent the marinade from leaking out.
9. Place in the oven for 20-25 mins until cooked.
10. In the meantime, steam the pak choi and tenderstem broccoli.
11. Serve the salmon and green vegetables scattered with chopped coriander and the remaining spring onions.

BAKED LEMON COD WITH WEDGES

Serves 2

Ingredients:

- 1 medium sweet potato
- 1 tsp dried rosemary
- 1 tbsp coconut oil
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1 clove garlic
- 25g coconut flour
- 1/4 tsp sea salt
- 2 cod fillets
- Vegetables to serve

1. Preheat the oven to 180C.
2. Wash the sweet potato and cut into wedges. Place on a baking dish and scatter over the rosemary. Add the coconut oil and place in the oven for 15 mins.
3. In a small bowl add the lemon juice and olive oil.
4. Finely dice the garlic. On a small plate mix the coconut flour, salt and garlic together.
5. Place each piece of cod in the lemon/oil mixture and coat well. Then place in the flour mixture, coating each side well. Place in a baking dish and cook for 12-15 mins until cooked through and flaky.
6. In the meantime check the sweet potato wedges, turn ensuring they are covered in the coconut oil before returning to the oven for a further 10-15 mins until soft.
7. Remove both the fish and wedges from the oven and serve topped with a slice of lemon and 1/2 plate of your favourite steamed vegetables.





PAN FRIED SEA BASS WITH BROCCOLI MASH

Serves 2

Ingredients:

2 sea bass fillets
2 tbsp walnuts
2 tbsp capers
1 head broccoli
1 onion
2 garlic cloves
2 tbsp coconut oil
1 tbsp olive oil
Salt and pepper

1. Rub the sea bass fillets with salt and pepper and set to one side.
2. Heat a small frying pan to a medium-high heat and toast the walnuts for a few mins, shaking the pan to prevent them from burning, until they are toasted and browned. Tip onto a plate to cool.
3. Using the same pan, quickly cook the capers for a few mins then transfer to a plate.
4. Roughly chop up the broccoli and steam for 5-6 mins until cooked through.
5. Finely dice the onion and garlic.
6. Heat 1 tbsp of the coconut oil in a frying pan on a medium heat, add the onion and cook for 5 mins. Add the garlic and cook for a further minute stirring well.
7. Mash the cooked broccoli, then blend with the onion mix and a pinch of salt and pepper, adding a little olive oil if needed.
8. Heat the same pan used to cook the onions and add the remaining coconut oil. Sear the fish, skin side down, for 3 mins until the skin is crisp. Flip the fish and cook for a further minute until just cooked through.
9. Mix the toasted walnuts with the capers and some olive oil.
10. Spoon the mash onto two plates, top with the fish and sprinkle over the walnut caper mix.



TERIYAKI SALMON BOWL

Serves 2

Ingredients:

2 salmon fillets (preferably wild)
2 tbsp Tamari (soy sauce)
2 tbsp mirin (rice vinegar)
2 tbsp sherry
1 tsp honey
1 1/2 tsp water
1 tsp cornflour
180g cooked quinoa
60g fresh spinach
1/2 avocado, sliced
40g edamame, shelled
1 carrot, grated
1 tsp sesame seeds
1 sheet Nori (or roasted seaweed snack) cut into thin slices
1 spring onion, sliced

1. Preheat oven to 200°C.
2. Prepare a baking sheet with foil.
3. In a small pan, combine Tamari, mirin, sherry and honey and heat gently over a low-medium heat.
4. While the mixture is heating, whisk together in a separate small bowl cornflour and water. Add flour mixture to Tamari mixture and bring to the boil. Reduce heat and stir until teriyaki reaches desired consistency (about 2-3 mins).
5. Place salmon fillets (skin side down) on prepared baking sheet, brush with teriyaki sauce. Reserve any unused teriyaki sauce. Place salmon in oven and cook for approx. 12-15 mins until pink.
6. Whilst salmon is cooking, heat a large pan, drizzle a small amount of water and cook spinach until it wilts, season with salt and pepper.
7. Remove salmon skin and discard.
8. To assemble, divide cooked quinoa between bowls. Top with spinach, carrot, edamame, avocado, sesame seeds, onions and Nori strips. Drizzle remaining teriyaki sauce over bowls.