

Lunch, Dinner & Snack recipes for you!



ENRICHED
NUTRITION & LIFESTYLE COACHING



Lunch



WARM FRENCH LENTIL SALAD

Using ready cooked lentils makes this a very quick and filling winter salad, can be eaten hot or cold.

Serves 2

Ingredients:

2 tbsp extra virgin olive oil
1/2 medium onion, finely chopped
2 stalks celery, chopped
1 large red pepper, diced
1/4 tsp dried oregano
Salt + pepper
100g ready cooked Puy lentils
2 tbsp red wine vinegar
1 tbsp fresh dill, chopped
100g baby spinach
50g feta cheese

1. Heat 1 tbsp oil in frying pan and add onion, celery and red pepper.
2. Sauté for 6-8 mins, add oregano and season with salt and pepper.
3. Meanwhile in a separate bowl, add lentils, stir in vinegar, dill and remaining oil.
4. Combine lentils with the onion mixture and warm through.
5. Divide the spinach between 2 plates, top with lentil mixture and crumbled feta.

Lunch

PARMESAN PESTO CAULIFLOWER

Serves 4

Ingredients:

- 1 head of cauliflower, cut into florets
- 3 tbsp pesto
- salt and freshly ground black pepper
- 30g finely grated Parmesan cheese

1. Preheat oven to 200° C and brush a baking tray with oil.
2. Toss the cauliflower, pesto, salt and pepper together in a large bowl until completely coated.
3. Place the cauliflower onto the baking tray and spread into a single layer.
4. Roast cauliflower for 15 mins, remove from the oven, stir the cauliflower, then return to the oven to roast for another 10mins.
5. Remove from the oven, sprinkle with Parmesan cheese, then place back in the oven for 2-3 mins until the cheese melts.





Lunch

NICOISE SALAD

Serves 2

Ingredients:

160g tinned tuna

12 olives (green or black)

2 hard boiled eggs, quartered

12 cherry tomatoes, halved

Bag of mixed salad leaves

1 tbsp olive oil

1 tbsp apple cider vinegar
chillis and coriander

1. Mix the leaves, olives and tomatoes and toss in the oil and vinegar.
2. Divide the salad onto two plates.
3. Evenly split the tuna and eggs across both plates.

Lunch

STUFFED PORTOBELLO MUSHROOMS

Serves 4

Ingredients:

8 large Portobello mushrooms, stems trimmed

2 tbsp extra virgin olive oil

1 shallot, finely sliced

160g baby spinach

salt and pepper

small jar of red pasta sauce

100g soft goat's cheese

Bag of mixed leaves

1. Preheat the oven to 220° C.
2. Lightly grease a baking tray with olive oil.
3. Distribute the mushrooms, stem side up, and brush with olive oil. Season with salt and pepper.
4. Roast for 20 to 25 mins, or until tender. If any moisture collects in the mushroom caps, drain and discard. Meanwhile, heat 1tbsp oil in a large pan and add the shallots and sauté for 3 to 4 mins, stirring frequently.
5. Add the baby spinach, sauté until just wilted, season with salt and pepper.
6. Fill each mushroom with a large spoon of the red pasta sauce, top with the wilted spinach mixture and a slice the goat's cheese.
7. Bake for 10-15 mins and serve with mixed leaf salad.



Lunch

ROASTED KALE AND CAULI SALAD

Serves 3

Ingredients:

1 cauliflower, divided into florets (approx. 800g)

5 tbsp extra virgin olive oil

Juice from 1 lemon

500g kale, ribs removed, chopped

1/2 small red onion, very thinly sliced

50g crumbled feta cheese

40g pine nuts

Salt and pepper

1. Preheat oven to 220°C.
2. In a large bowl, toss cauliflower florets with 2 tbsp olive oil and season with salt and pepper.
3. Roast in oven for 20 minutes, or until stems are tender.
4. In large bowl, whisk lemon juice, remaining olive oil and pinch of salt. Toss kale with dressing. Let stand at least 5 mins.
5. Add cooked cauliflower, onion, feta cheese, and pine nuts to the kale. Mix well and serve.



Dinner

TRAYBAKE CHICKPEA CHICKEN

Serves 4

Ingredients:

400g can chickpeas, rinsed

1 red pepper, diced

1 yellow pepper, diced

2 tbsp olive oil

2 tbsp harissa sauce

4 chicken legs

Chopped coriander for serving

Salt and pepper

1. Preheat the oven to 220°C.
2. In a large baking dish, toss chickpeas and pepper with 1 tbsp oil and season with salt and pepper.
3. In small bowl, whisk together harissa and 1 tbsp oil.
4. Rub chicken with harissa mixture.
5. Nestle chicken among chickpeas and peppers and roast for 25 - 30 minutes until golden brown and cooked through.
6. Sprinkle with coriander to serve.



ORANGE TERIYAKI PORK TENDERLOIN

Serves 4

Ingredients:

- 2 tbsp sesame oil
- 450g pork tenderloin, cut into 8 equal slices
- 1/4 cup tamari (soy sauce)
- 2 tbsp mirin (sweet rice wine)
- 2 tbsp fresh orange juice & 1/2tsp grated zest
- 1/2 tsp fresh ginger, peeled and grated
- 2 garlic cloves, grated
- 1 tbsp sesame seeds
- 3 salad onions, cut diagonally into 1/4inch pieces

1. Heat a large frying pan over medium-high heat.
2. Add 1 tbsp oil to pan. Add pork slices to pan; cook 2–3 minutes on each side or until done. Remove from pan and keep warm.
3. Add remaining 1 tbsp oil, tamari, and next 4 ingredients (through garlic) to pan; bring to a boil. Cook 3 minutes or until mixture is syrupy. Remove from heat and stir in zest. Return pork to pan, turn to coat on all sides. Sprinkle with sesame seeds and green onions.
4. Serve with half plate steamed veg, all colours.



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 corn flour
- 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 mixture is heating, whisk together in a separate small bowl corn flour and water. Add flour mixture to tamari mixture and bring to 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 almonds, spinach, carrot, edamame, avocado, sesame seeds, onions and Nori strips. Drizzle remaining teriyaki sauce over bowls.



MEDITERRANEAN COD TRAY BAKE

Serves 4

Ingredients:

2 red peppers, de-seeded and chopped

2 red onions, cut into wedges

250g cherry tomatoes

handful black olives

1/2 x 680g jar passata

400g can butter beans, drained

4 skinless cod fillets (about 600g)

small bunch basil

1. Heat oven to 200°C.
2. Put the peppers, onions, tomatoes and olives into a large, deep baking tray and cook for 15 mins until they start to soften and char at the edges.
3. Stir in the passata, butter beans and seasoning, then create 4 little wells and nestle in the cod. Return to the oven and cook for a further 15 mins until the cod is cooked through.
4. Sprinkle over the basil and serve with large green salad.



Dinner

QUICK AND EASY PRAWN CURRY

Serves 2

Ingredients:

1 tbsp coconut oil
1 onion chopped
1 tbsp ginger, peeled and chopped
3 x garlic cloves, minced
1 green chilli, finely chopped
400 g chopped tomatoes
1 tbsp curry powder
Salt
400 g shelled prawns
Juice of half a lemon
60g fresh spinach
Handful fresh coriander, chopped

1. Heat the coconut oil in a large frying pan on a low heat and cook the onion for 10 mins until fragrant and golden brown.
2. Add the ginger, garlic and chilli and cook for 2 mins more.
3. Add the tomatoes, curry powder, salt and simmer for 10 mins.
4. Add the prawns and lemon juice and simmer for 5 mins until the prawns are heated through.
5. Stir in the spinach for 2 mins until wilted.
6. Serve with cauliflower rice (see side dishes) and sprinkled with coriander.

CHICKPEA AND SPINACH CURRY

Serves 4

Ingredients:

- 1 tbsp coconut oil
- 2 red onions, sliced
- 1/2 cauliflower, chopped into small chunks
- 1 mild red chilli, de-seeded and finely chopped
- 1 tbsp mild or medium curry powder or madras spice blend
- 150ml hot veg stock
- 500ml coconut milk
- 2 x 410g cans chickpeas, rinsed and drained
- 1 tsp sea salt
- 200g baby leaf spinach, chopped

1. Heat half the oil in a large pan and add the onions and sweat for 3–4 minutes to soften. Add the chilli and curry powder and cook for a further minute.
2. Stir in the stock, coconut milk, cauliflower and chickpeas and simmer for 15 minutes to reduce the sauce and allow the flavours to combine. Season with salt and taste to check.
3. A couple of minutes before you want to serve, stir in the spinach and let it warm through.
4. Serve with cauli rice (see p44) and a salad of diced cucumber, tomatoes and red onion also makes a nice accompaniment.

Dinner





SUPER QUICK VEGAN CHILLI Serves 2 - 3

Ingredients:

1 tbsp coconut oil
1 red onion, finely chopped
1 red chilli, finely chopped
1 red pepper, diced
1 clove garlic, finely chopped
300g butternut squash, peeled and cubed
1 tsp chilli powder, 1tsp ground cumin
400g can crushed tomatoes
200ml water
1 veg stock cube
400g can mixed beans, rinsed
(or your choice of beans)
400g green lentils, rinsed
Salt + pepper to taste
Bunch chopped coriander for serving
1 avocado, diced, for serving
Cooked quinoa if hungry (Tilda pouch)

1. In a large saucepan, gently sauté the onion, chilli pepper, red pepper and garlic in the coconut oil.
2. Add the butternut squash and mix in the chilli powder and cumin.
3. Stir in the tomatoes, then add the beans and lentils, followed by the water and stock cube.
4. Leave to simmer for about 15 minutes, or until the squash is tender.
5. Serve with fresh coriander and sliced avocado
6. If you are especially hungry, serve with 2-3 tablespoons of cooked quinoa per person.



Dinner

BUTTERNUT SPICY STEW Serves 2 - 3

Ingredients:

- 400g can coconut milk
- 1 tsp vegetable bouillon (or veg stock cube)
- 1 tbsp curry powder
- 1tbsp turmeric
- 1/2 tsp ground cardamom
- 2 tbsp fresh ginger, grated
- 400g tin chickpeas
- 400g can diced tomatoes
- 1 butternut squash peeled and cubed (about 800g)
- 1 medium onion, chopped
- 2 tbsp olive oil
- Pinch salt
- 2 tbsp lemon juice plus 1 tsp lemon zest
- 2 large spring onions, thinly sliced
- 2 tbsp plain yoghurt

1. In a large saucepan mix together coconut milk, vegetable bouillon, curry powder, turmeric, cardamom, 1tbsp grated ginger.

2. Add chickpeas, tomatoes, butternut squash, and onion and mix to combine. Bring to the boil and simmer for about 20-30 mins.

Make lemon-onion drizzle:

3. In a small bowl, whisk together olive oil, lemon juice and zest, spring onions, remaining grated ginger, and pinch salt.

4. Serve the stew with quinoa or half a baked sweet potato, plain yoghurt and drizzle with lemon-onion drizzle.

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ALMOND AND APRICOT ENERGY BARS

Makes 16 bars

Ingredients:

olive oil, for greasing

75g almonds

100g mixed seeds

250g rolled oats

8 Medjool dates

100g dried apricots

20ml maple syrup

150ml water

2 tbsp coconut oil, melted

4 tbsp smooth almond butter

1. Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin.
2. Chop the almonds, then scatter over a baking sheet with the mixed seeds and oats, and roast for 20 mins, turning occasionally.
3. Meanwhile, de-stone and roughly chop the dates and apricots.
4. Place the maple syrup, almond butter, dates, coconut oil and 150ml of water in a small saucepan over a low heat. Gently heat for 10 mins, mashing the dates with the back of your spoon, until you have a sticky sauce.
5. Tip the oats, seeds, almonds and apricots into a large bowl and pour over the sauce mixture. Coat everything in the sticky sauce.
6. Pour the mixture onto the baking tin, using a back of a spoon to press into an even layer.
7. Bake for 15 to 20 mins, or until golden, then cut into portions.





KALE CRISPS

Serves 4

Ingredients:

Curly kale 200g of leaves,
washed thoroughly

olive oil

1/4 tsp hot smoked paprika

1 tsp sea salt flakes

1/2 cumin

1. Pre-heat the oven to 150C (fan 130C)
2. Pick out the woody stalks from the middle of the kale leaves and discard, then chop the leaves into pieces.
3. Pat the kale completely dry (otherwise it will steam rather than crisp).
4. Put into a large bowl. Drizzle over 1 tbsp of olive oil, then toss to coat the kale thoroughly. (Don't be tempted to add any more oil, as this will stop the kale from crisping).
5. Line one or two baking sheets with baking paper and spread the kale over in a single layer.
6. Bake for 25-30 mins.
7. Mix the paprika, salt and cumin together, then sprinkle over the kale.

VEGAN MUFFINS

Makes 6 - 8

Ingredients:

135g oats

110g cooked butternut squash (steamed until soft)

1 tbsp maple syrup

1 tsp cinnamon

1/4 tsp ginger

1/4 tsp nutmeg

35g dried cranberries

1. Preheat oven to 180C.
2. In a food processor combine all the ingredients except the cranberries. Mix until well combined.
3. Add the cranberries and pulse a few more times until they are well mixed.
Spoon into lined muffin cups.
4. Bake for 10 mins and allow to cool.



Snacks

5 MINUTE FROZEN YOGHURT

Ingredients:

250g frozen mixed berries

250g plain thick set yoghurt (Greek)

1 frozen banana

1. Always keep a peeled, chopped banana in the freezer for this recipe.
2. Blend all the ingredients together for 15-20 seconds. It should have the texture of a smooth ice-cream.
3. Scoop into bowls and serve.

