

A HEALTHY MESSAGE FROM EUROPE

LIFE IS BETTER

with Fruit & Vegetables



YOUR SEASONAL COOKBOOK

Fresh, simple, nutritious and delicious recipes
for a more sustainable and healthy lifestyle

For more information visit: fruitnveg.ie

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BORD BIA
IRISH FOOD BOARD



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IT'S FROM
EUROPE



LIFE IS BETTER

with Fruit & Vegetables

CAMPAIGN

The Life is Better with Fruit & Vegetables campaign is a three year EU and industry funded campaign, implemented by Bord Bia, the Irish Food Board. It was launched in May 2022, in a bid to encourage millennials to increase their fruit and vegetable intake. The campaign aims to promote the dietary benefits and sustainability of fresh, locally grown, in season produce to millennials.

Fresh produce is the number one selling category of importance in terms of Irish household grocery market spend, with fruit and vegetables also being viewed as a central component of most healthy eating diet recommendations.

Currently the average number of actual portions for fruit and vegetables for millennials in Ireland is 3.2, whereas the Irish Department of Health recommends 5-7 portions per day.

Fun, educational and feel-good information and recipe inspiration is available on our campaign website **FRUITNVEG.IE.**

We hope that this cookbook helps encourage millennials to create healthy recipes full of fresh, local and in season fruit and vegetables.





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MARCH APRIL MAY

SPRING

WHAT'S IN SEASON IN SPRING?

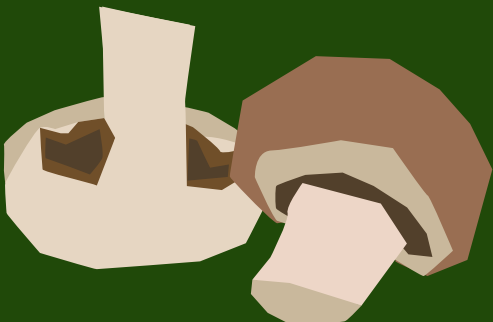


KALE



SPINACH

MUSHROOMS



TOMATOES



CABBAGE



RADISHES



CAULIFLOWER

TOMATO MUSHROOM SCALLION CHILLI BROCCOLI ONION SPINACH

BREAKFAST EGG MUFFINS WITH TOMATO SALSA

🕒 35 MINS | 👤 MAKES 8

Preparation time: 15 minutes. Cooking time: 15–20 minutes.

INGREDIENTS

- 1 tbsp Olive oil
- 1 Small onion, finely sliced
- 50g Mushrooms, sliced
- 4 Bacon rashers, chopped
- 1 Small head of broccoli, finely chopped
- 40g Baby spinach leaves
- 8 Eggs
- 60ml Milk
- 60g Cheddar, grated
- A sprinkle Sea salt and freshly ground black pepper

FOR THE TOMATO SALSA

- 2 Large tomatoes, diced
- 2 Scallions, finely chopped
- 1 Red chilli, finely chopped
- 1 tbsp Olive oil
- 1/2 Lime, juiced

METHOD

- Preheat an air fryer to 180°C
- In a bowl, mix together the onions, mushrooms, bacon, and broccoli with the olive oil and tip into the air fryer pan.
- Cook for 5 – 6 minutes until tender. Add the spinach leaves and cook for a further 1 minute or until the spinach wilts.
- Spoon the mixture evenly into the muffin moulds.
- Whisk the eggs, milk, and cheddar together in a bowl and season with salt and pepper. Pour the mixture over the bacon and vegetable mix to fill the moulds.
- Cook for 15 – 20 minutes or until set.
- For the salsa, mix all ingredients together in a small bowl and set aside.
- When cooked, remove from the air fryer and allow to cool slightly before removing from the moulds.
- Serve with a spoonful of tomato salsa.

COOK'S NOTE
Can be prepared in advance and stored in the fridge for up to four days

COOK'S NOTE

To add variety, try topping with cooked spicy chicken, prosciutto, Italian sausage, or salami.



ONION

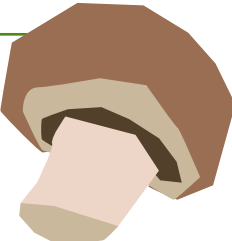
COURGETTE

MUSHROOM

SPICY VEGETABLE AND CHORIZO PIZZA

1 HOUR | SERVES 4

Preparation time: 15 minutes. Cooking time: 45 minutes.



INGREDIENTS FOR THE PIZZA BASE

- 375g Self-raising flour
- 1 tsp Baking powder
- 1/4 tsp Salt
- 330ml Buttermilk

FOR THE TOPPINGS

- 1 tbsp Olive oil
- 1 Onion, finely sliced
- 2 Garlic cloves, crushed
- 1/2 Red pepper, deseeded and sliced
- 1/2 Yellow pepper, deseeded and sliced
- 2 Courgettes, cut into chunks
- 50g Mushrooms, sliced
- 300ml Tomato passata
- 50g Chorizo, thinly sliced
- 200g Mixed grated cheddar and mozzarella (traditionally, gruyère is used)
- A handful Basil
- A sprinkle Parmesan
- A sprinkle Chilli, deseeded and finely chopped (add as much as you like)

METHOD

- Preheat the oven to 220°C / Fan 200°C / Gas mark 6
- Sift the flour and baking powder into a bowl, add the salt, and pour in the buttermilk. Knead with clean hands to form a dough. Transfer to a clean worktop and knead for 1 minute.
- Roll the dough into a large rectangle or circle and place onto a large, nonstick oven tray.
- Heat the olive oil in a large frying pan over medium heat and fry the onion and garlic until soft. Add the mushrooms and peppers and cook until golden. Stir in the courgettes and cook for 1 minute. Season.
- Evenly spread the tomato passata onto the pizza base. Top the pizza with vegetable mixture, chorizo slices, and grated cheese.
- Bake in the oven for 15 – 20 minutes until golden and crisp. Sprinkle with fresh basil leaves before serving.



TOMATO MUSHROOM SPINACH ONION

WEEKEND SHARING BRUNCH BOARD

40 MINS | SERVES 4

Preparation time: 20 minutes. Cooking time: 20 minutes.

FOR THE CRISPY POTATOES

- 2 Large Rooster potatoes, cut into cubes, leaving the skin on
- 2 tbsp Olive oil
- A sprinkle Sea salt and freshly ground black pepper

FOR THE BALSAMIC TOMATOES

- 6 Large tomatoes, quartered
- 1 tbsp Olive oil
- 2 tbsp Balsamic vinegar

FOR THE SPICED SCRAMBLED EGGS

- 30g Butter
- 1 tsp Garam masala
- 1/2 tsp Ground turmeric
- 8 Eggs

FOR THE VEGETABLES AND HALLOUMI

- 1 tbsp Olive oil
- 1 Onion, cut in half and sliced
- 2 Garlic cloves, crushed
- 1 Red pepper, cut in half, deseeded and cut into chunks
- 1 Yellow pepper, cut in half, deseeded and cut into chunks
- 250g Mushrooms, cut in half
- 250g Baby spinach leaves
- 2 tbsp Soy sauce
- 225g Halloumi cheese, cut into thick slices

TO SERVE

- 4 Large flatbreads

COOK'S NOTE

Serve with fried chorizo, spicy sausage, or smoked bacon.

METHOD

- Preheat an air fryer to 200°C (oven option available)
- Toss the cubed potatoes in olive oil and season. Cook in the air fryer for 20 minutes until crisp.
- Place the tomato quarters into the air fryer with the olive oil and balsamic vinegar and season. Cook for 6-7 minutes until soft and slightly charred.
- Heat the olive oil in a large frying pan and fry the onion until soft. Add the garlic and peppers and cook for 1-2 minutes before adding the mushrooms. Cook until golden.
- Add the soy sauce and baby spinach leaves. Stir, and cook for another 2-3 minutes until the spinach wilts. Season.
- Remove from the pan and place in a serving dish. Cover and keep warm.
- Melt the butter in the same frying pan and fry the halloumi until crisp and golden. Remove from the pan and keep warm.
- Return the frying pan to a medium heat. To scramble the eggs, lightly whisk the eggs together in a bowl and pour into the pan. Stir continuously until soft and just cooked.
- To serve, arrange the crispy potatoes, balsamic tomatoes, onions, peppers, and mushrooms, fried halloumi, and scrambled eggs onto a large serving board with the large flatbreads.

ONION CHILLI BROCCOLI TOMATO CARROT SWEDE PARSNIP

ROOT VEG PATATAS BRAVAS WITH BROCCOLI AND CHORIZO

1 HOUR | SERVES 4

Preparation time: 15 minutes. Cooking time: 45 minutes.

INGREDIENTS

- 2 tbsp Olive oil
- 2 Large Rooster potatoes, skin on, cut into bite-size cubes
- 1 Carrot, peeled and cut into small cubes
- 1 Parsnip, peeled and cut into small cubes
- 1 Small swede, peeled and cut into small cubes
- 1 Onion, finely sliced
- 2 Garlic cloves, crushed
- 1 Chilli, finely chopped
- 225g Chorizo sausage, cut into small pieces (or smoked bacon lardons)
- 150ml Red wine
- 300g Tomatoes, quartered
- 1 tbsp Smoked paprika
- A pinch Chilli powder
- 400g Broccoli, cut into small florets

METHOD

- Preheat an air fryer to 200°C.
- Mix together the potato, carrot, swede, and parsnip cubes with one tablespoon of olive oil and cook in the air fryer for 15 minutes until crisp. Shake occasionally to ensure an even crispiness.
- Heat the remaining oil in a large frying pan over a medium heat. Fry the onion, garlic, and chilli until soft. Add the chorizo and cook until crisp.
- Add the red wine and boil for a few minutes, before adding the tomatoes, smoked paprika, and chilli powder. Bring the mixture to a boil, reduce the heat and simmer for 15 minutes.
- Meanwhile, add the broccoli to the air fryer and cook for 10 minutes, until tender and slightly charred.
- For the salsa, mix all ingredients together in a small bowl and set aside.
- Place the root vegetable cubes into a large serving dish and top with broccoli, spicy chorizo and tomato sauce.
- To serve, top with a dollop of sour cream, tomato salsa and a sprinkle of parsley.



FOR THE TOMATO SALSA

- 300g Tomatoes, finely chopped
- 1 Garlic clove, finely crushed
- 1/2 Small red onion, finely chopped
- 1 Small red chilli, finely chopped
- 1 Lime, juiced
- 3 tbsp Olive oil

TO SERVE

- 2 tbsp Sour cream
- 2 tbsp Fresh tomato salsa
- 2 tbsp Fresh parsley, finely chopped

COOK'S NOTE

Celariac is another delicious root veg which could be used to make the root veg patatas bravas!



MUSHROOM

ONION

SPINACH

TOMATO

VEG SHAKSHUKA

⌚ 35 MINS | 👤 SERVES 4

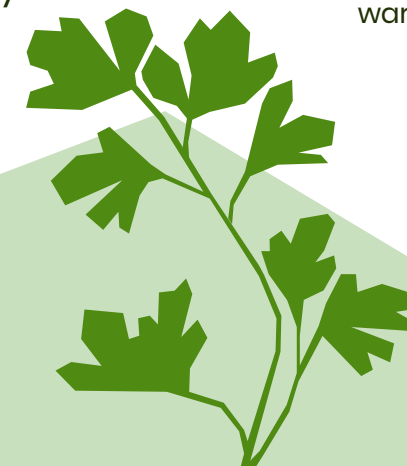
Preparation time: 5 minutes. **Cooking time:** 30 minutes.
You will need a large non-stick frying pan with a lid.

INGREDIENTS

1 tbsp	Light oil
1	Onion, peeled, cut in half and roughly sliced
130g	Chorizo, diced
250g	Mushrooms, cleaned and roughly chopped
1/2	Red pepper, halved, seeded, thinly sliced
1/2	Yellow pepper, halved, seeded, thinly sliced
1 x 400g	Can of chopped tomatoes
1/2 tsp	Paprika
A pinch	Ground cumin
2 tsp	Honey
200ml	Vegetable stock
200g	Baby spinach leaves
4	Free-range eggs
A handful	Flat-leaf parsley chopped

METHOD

- Heat the oil in a frying pan over medium-high heat and fry the onion for 2 minutes until it softens. Add the chorizo and continue to cook for 5 minutes until crisp.
- Add the mushrooms and fry until golden, then add the peppers and cook, occasionally stirring, for 5 minutes until soft.
- Stir in chopped tomatoes, paprika, cumin, honey and vegetable stock and boil for 2 minutes.
- Stir in spinach.
- Use the back of a spoon to make 4 large indents in the tomato mixture.
- Carefully crack an egg into each indentation.
- Reduce the temperature to low. Partially cover the pan and cook for 6 – 8 minutes for soft yolks or until eggs are cooked to your liking.
- Sprinkle with parsley and serve with warm flatbreads.



ONION MUSHROOM LETTUCE TOMATO CUCUMBER

ONE POT CHEESY MEXICAN BEEF

🕒 12.5 MINS | 👤 SERVES 2

Preparation time: 10 minutes. Cooking time: 2.5 minutes.

INGREDIENTS

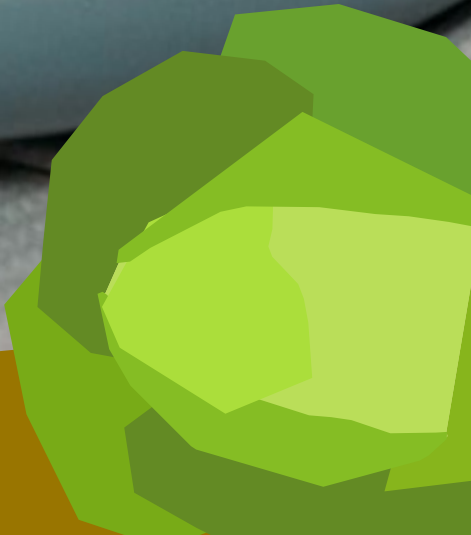
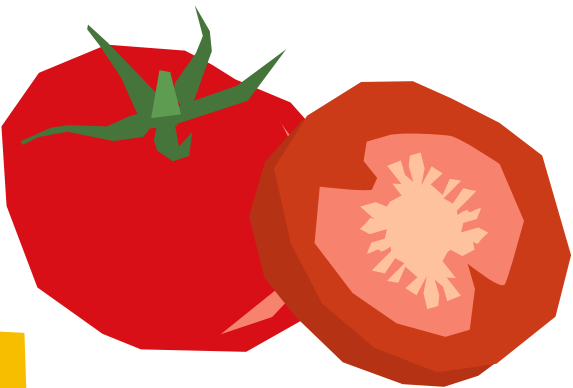
1 tsp	Rapeseed oil
1	Onion, peeled and thinly sliced
1/2	Red pepper, deseeded and sliced
1/2	Yellow pepper, deseeded and sliced
125g	Mushrooms, sliced
750g	Beef mince
2	Garlic cloves, crushed
1/2	Teaspoon chilli flakes
1 x 25g	Packet of taco seasoning
1 x 400g	Tin of chopped tomatoes
200g	Black beans, rinsed, drained
75g	Can sweetcorn kernels, drained
100ml	Beef stock
150mg	Mozzarella cheese, grated

TO SERVE

A handful	Coriander, chopped
100g	Feta, crumbled
1	Tomato, roughly chopped
	Salad of lettuce, tomato and cucumber
1	Lime, cut into wedges

METHOD

- Heat the oil in a large deep ovenproof frying pan over high heat and fry the onion until soft. Then add the peppers and mushrooms and cook for a few minutes until golden and soft.
- Add beef, stirring with a wooden spoon to break up any lumps, for 3 – 5 minutes or until browned. Stir in garlic, chilli and taco seasoning.
- Stir in chopped tomatoes, beans, sweetcorn kernels and stock. Cook, stirring, for 3 – 5 minutes or until thickened slightly.
- Meanwhile, preheat the grill to high.
- Sprinkle with Mexican beef with cheese and place under the grill for 2 – 3 minutes or until the cheese is golden.
- Top with coriander, feta and chopped tomato.
- Season and serve with a side salad and lime wedges.





ONION

LETTUCE

TOMATO

CUCUMBER

CREAMY STUFFED ONIONS

🕒 1 HOUR | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 50 minutes.

INGREDIENTS

- 8 Large onions, skin on
- 1 tsp Oil
- 300g Smoked bacon, trimmed and cut into dice
- 300ml Whipping cream
- 4 Egg yolks
- 250g Mature cheddar cheese, grated

TO SERVE

- A handful Parsley, chopped
- 1 Sourdough loaf, sliced and lightly toasted
- Salad of lettuce, tomato and cucumber

METHOD

- Pre heat an oven to 200°C/(180°C Fan)/ Gas mark 6
- Place the whole onions onto a baking tray and roast for 30 minutes until they are tender but still hold their shape.
- Remove the onions from the oven and cool slightly before peeling the skin away. Cut the top from the onion and scoop out the inside but leave enough onion for it to hold its shape, making sure there are no holes, creating onion cases for the filling.
- Roughly chop the onion you have removed from the top and the inside.
- Heat oil in a large frying pan and add the onion; cook until slightly caramelised. Add the bacon and fry until crisp, then add the cream.
- Remove from the heat and cool slightly before stirring half the cheese and egg yolks into the cream—season with salt and pepper.
- Spoon this mixture back into the onion and sprinkle with the remaining cheese. Return to a hot oven for 15 – 20 minutes until bubbling and golden.
- Sprinkle with chopped parsley and serve with warm toasted sourdough and salad on the side.



MUSHROOM

ONION

SPINACH

LETTUCE

LEBANESE STYLE OMELETTE

45 MINS



SERVES 4

Preparation time: 10 minutes. Cooking time: 35 minutes.

INGREDIENTS

- 4 tbsp Rapeseed oil
- 1 Large onion, peeled and thinly sliced
- 1 Red pepper, seeds removed and thinly sliced
- 250g Mushrooms, thinly sliced

FOR THE OMELETTES

- 12 Large eggs, lightly whisked
- 100ml Whole milk
- 2 tbsp Rose harissa
- 1 tbsp Coriander, chopped
- 120g Cheddar cheese, coarsely grated
- A handful Sea salt and freshly milled black pepper

TO SERVE

- A handful Baby spinach leaves or shredded lettuce
- 100g Feta cheese
- 2 tbsp Honey
- 1 Lime, quartered

METHOD

- Heat 1 tablespoon of oil in a large non-stick frying pan and fry the onion for 10 minutes, occasionally stirring until caramelised. Add the mushrooms to the pan and fry until golden, then add the peppers and cook for 5 – 6 minutes until soft. Remove the vegetables and keep warm.

FOR THE OMELETTES

- Whisk the eggs, milk, harissa, coriander and cheddar together and season.
- Wipe clean the frying pan, heat medium-high, and add a little oil. Pour in a quarter of the egg mixture, and swirl it around the pan so it's evenly spread. Using a spatula, draw the edges of the omelette towards the centre of the pan until almost set.
- Flip half the omelette over to form a semi-circle, then slide the omelette out of the pan and onto a plate; keep this in a warm place while you cook three more omelettes with the remaining egg mix (remember to add more oil to the pan with each batch).
- Arrange the omelettes onto warm plates, top with fried onions, mushrooms and peppers, scatter with spinach leaves or shredded lettuce and crumble with Feta.
- Drizzle with a little honey and a squeeze of lime juice before serving.





KALE LETTUCE

CRISP KALE, CHICKEN & BACON CAESAR SALAD

🕒 20 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 140g Kale, chopped
- Spray Olive oil
- 4 Chicken breast fillets, sliced in half
- 8 Streaky bacon rashers
- 1 Crisp lettuce, washed and shredded
- 4 Free-range eggs, soft-boiled and halved
- 30g Parmesan, grated

FOR CAESAR DRESSING

- 2 Anchovy fillets
- 2 Free-range egg yolks
- 1 Garlic clove, quartered
- 30ml Lemon juice
- 125ml Olive oil

METHOD

- Preheat an oven to 180°C (fan 160°C) Gas mark 4
- Arrange the kale onto an oven tray and spray liberally with olive oil. Season and place into a hot oven for 4 – 5 minutes until crisp.
- Heat a chargrill and grill the chicken for 5 minutes on each side or until cooked through. Transfer to a plate, cover with tinfoil and rest. Meanwhile, cook the bacon over high heat, turning for 4 – 5 minutes until crisp.

TO SERVE

- Thinly slice the chicken and arrange with the lettuce, bacon and soft-boiled eggs into bowls. Sprinkle with crisp kale, parmesan and drizzle caesar dressing over the top before serving.

CAULIFLOWER

SPINACH

CAULIFLOWER, SPINACH AND POTATO CURRY

🕒 35 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 25 minutes.

INGREDIENTS

1 tsp	Olive oil
1	Onion, thinly sliced
2	Garlic cloves, crushed
3 tbsp	Medium curry paste
400 ml	Coconut milk
200 ml	Vegetable stock
2 tbsp	Honey
500g	Rooster potatoes, peeled and cubed
500g	Cauliflower, trimmed, cut into florets
200g	Baby spinach leaves
A handful	Coriander, chopped
2	Small chillies, finely chopped

TO SERVE

1 tsp	Oil
4	Heads of pak choi, cut in half
2	Naan bread, warmed

METHOD

- Heat oil in a saucepan over medium heat and fry the onion for 5 minutes. Add garlic and curry paste, and cook for 2 minutes, stirring.
- Pour in coconut milk, vegetable stock, and honey; bring to a boil.
- Add the potato and cauliflower, bring back to a boil, cover with a lid, reduce the heat to the lowest setting and simmer for 8 minutes.
- Stir in spinach, coriander and chilli; cook for 2 minutes until the spinach wilts. Remove from heat.

TO SERVE

- Heat oil in a wok and stir-fry the pak choi for 2 – 3 minutes.
- Ladle cauliflower and spinach curry into warm bowls and serve with pak choi and naan bread.

GOOD FOR YOU
AND GOOD FOR
THE PLANET!



FRESH
& FUN!



CABBAGE

SCALLION

TOMATO

STEAK TACOS WITH CABBAGE SLAW

🕒 25 MINS | 👤 SERVES 4

Preparation time: 15 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 2 Large rump steaks, trimmed
- 1 tsp Olive oil, divided
- Sea salt and freshly milled black pepper
- 1 tbsp Olive oil
- 3 Scallions, finely chopped
- 1 Jalapeño chilli, halved, seeded and finely chopped
- 2 Juice of 2 limes
- A handful Coriander, finely chopped
- 2 Garlic cloves, finely chopped

METHOD

- Preheat oven to 180°C (fan 160°C) Gas mark 4.
- Prepare and oven cook home cooked wedges or chips sprinkled with paprika (or the spice/herb of your choice).
- Heat a chargrill or barbecue to very hot.
- Brush the steaks with oil and season with salt and pepper.
- Cook steaks for 2 – 3 minutes on each side for medium-rare and a further 1 minute for well done. Set steaks aside, rest and thinly slice.

FOR THE GREEN SAUCE

- Mix oil, scallions, chilli, lime juice, coriander, and garlic in a small bowl. Season.

TO SERVE

- 8 Small flour tortilla
- 120g White cabbage, finely shredded
- 100g Iceberg lettuce, shredded
- 1 Red onion, thinly sliced
- 4 Radishes, thinly sliced
- 4 Tomatoes, diced
- 1 Avocado, peeled, stone removed and thinly sliced
- 2 tbsp Sour cream
- 1 Large bowl of home cooked wedges or chips
- 1 Lime, cut into wedges

- Warm the tortillas and fill with cabbage, steak, lettuce, onion, radish, tomato, avocado, sour cream and salsa verde. Serve with home cooked wedges or chips and lime wedges.



MUSHROOM

SPINACH

MUSHROOM & SPINACH TOAST

🕒 25 MINS



SERVES 2

Preparation time: 10 minutes. Cooking time: 15 minutes.

INGREDIENTS

- 1 tbsp Olive oil
- 200g Mushrooms, sliced
- 150g Baby leaf spinach
- 2 Garlic cloves, crushed
- 4 Eggs
- 100g Cheddar, grated
- Sea salt and freshly ground black pepper
- 4 Large slices of sourdough bread

METHOD

- Preheat oven to 180°C (fan 160°C) Gas mark 4.
- Heat olive oil in a large frying pan over moderate heat.
- Fry the mushrooms until golden, add spinach and garlic, and cook for 1 - 2 minutes.
- Break the eggs into a large bowl and whisk them together. Stir in grated cheese, mushrooms and spinach. Season and mix well.
- Arrange sourdough slices onto a baking tray, spoon the mushroom, spinach and egg mixture over the bread and place into a hot oven for 15 minutes until crisp and golden.



JUNE JULY AUGUST

SUMMER

WHAT'S IN SEASON IN SUMMER?



BROCCOLI



STRAWBERRIES



RHUBARB



ASPARAGUS



LETTUCE

STRAWBERRY

ASPARAGUS

CHILLI

SPINACH

RADISH

LETTUCE

STRAWBERRY SUMMER SALAD WITH MINT AND FETA

20 MINS

SERVES 4

Preparation time: 10 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 1 tbsp Olive oil
- 125g Feta cheese, crumbed
- 1 Bunch of asparagus, woody ends trimmed, cut into 5cm lengths
- 1 Butterhead lettuce, washed, with leaves removed and chopped
- 50g Spinach
- 40g Mixed salad leaves
- 1 Punnet of strawberries, quartered or halved
- 4 Red radishes, thinly sliced
- A handful Mint, chopped
- 1 Chilli, deseeded and finely chopped

FOR THE STRAWBERRY DRESSING

- 4 Large strawberries, finely chopped
- 1 tsp Dijon mustard
- 1 tsp Honey
- 2 tbsp Red wine vinegar
- 2 tbsp Extra virgin olive oil

METHOD

- Heat a charcoal grill or frying pan over high heat.
- Cook the asparagus on the grill or on the frying pan over a high heat for 2 minutes until tender. Set aside to cool slightly.
- Place the strawberries, mustard, and honey into a bowl and crush with a fork to make the strawberry dressing. Add the vinegar and oil. Whisk to combine. Season with salt and pepper.
- Arrange the butterhead lettuce, spinach, and mixed salad leaves onto plates. Top with asparagus, feta, strawberries, radish, and mint. Drizzle with strawberry dressing.
- Sprinkle with mint and chilli before serving.



COOK'S NOTE

For a heartier, winter version, add a Rooster potato in with the carrots and cook until tender!

SHALLOT CHILLI PAK CHOI CARROT BROCCOLI SCALLION

RED THAI SUMMER SOUP

45 MINS | SERVES 4

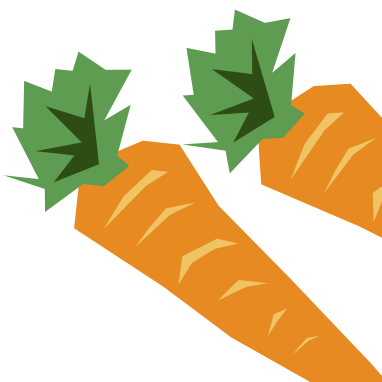
Preparation time: 15 minutes. Cooking time: 30 minutes.

INGREDIENTS

- 1tbsp Olive oil
- 2 Shallots, finely diced
- 2 Garlic cloves, crushed
- 1-inch Piece of ginger, peeled and grated
- 2tbsp Thai red curry paste
- 800ml Light coconut milk
- 500ml Vegetable stock
- 2 Carrots, peeled and cut into small cubes
- 1 Red pepper, cut in half, deseeded and sliced
- 200g Broccoli, cut into florets
- 1 Bunch pak choi, leaves separated
- 4 Scallions, trimmed and finely chopped
- 2 Small red chillies, finely chopped
- A handful Coriander leaves, finely chopped

METHOD

- Heat the olive oil in a large saucepan over medium heat. Fry the onion, garlic, and ginger until soft. Add the Thai red curry paste and cook for 30 seconds.
- Pour the coconut milk and vegetable stock into the pan.
- Stir in the carrot, red pepper, and broccoli and bring to a boil. Reduce the temperature and simmer for 15 – 20 minutes.
- Stir in the pak choi for 1 minute until the leaves wilt slightly.
- Ladle the soup into warm bowls and sprinkle with scallions, chilli, and coriander before serving.



STRAWBERRY

RHUBARB

RHUBARB FOOL

20 MINS



MAKES 4

Preparation time: 10 minutes. Cooking time: 10 minutes.

INGREDIENTS

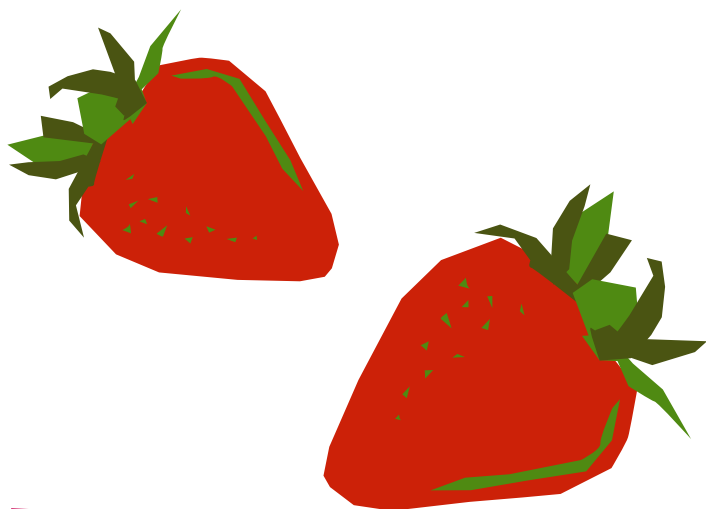
250g	Rhubarb or 4 medium stalks
2 tbsp	Caster sugar
2 tbsp	Orange juice
400ml	Double cream
4 tbsp	Thick Greek natural yoghurt
1	Punnet of strawberries, set 4 aside for decoration and chop the remaining into small slices.

METHOD

- Trim the yellow ends off the rhubarb and remove any strings before chopping into bite-sized chunks.
- Place the rhubarb, sugar, and orange juice into a pan over medium heat and stir gently to dissolve the sugar.
- Cook for 5 – 6 minutes until the rhubarb softens. Do not stir much to avoid breaking up the rhubarb.
- Place the rhubarb mix into a small bowl and place in the fridge to cool.
- Add the cream and yoghurt in a large bowl and whisk to stiff peaks.
- Fold the cool rhubarb and sliced strawberries into the cream and yoghurt mix. Divide into serving glasses and decorate with strawberries.
- Chill until ready to serve.

COOK'S NOTE

Blueberries and raspberries also work great here with the rhubarb! This recipe can also be made a day in advance and kept refrigerated!





COURGETTE TOMATO ONIONSCALLIONCUCUMBER

GRILLED MEDITERRANEAN VEGETABLE SALAD

🕒 50 MINS | 👤 MAKES 4

Preparation time: 10 minutes. Cooking time: 35-40 minutes.

INGREDIENTS

- 2 Courgettes, cut into rough chunks
- 1 Red onion, cut into wedges
- 1/2 Red pepper, deseeded, and cut into chunks
- 1/2 Yellow pepper, deseeded, and cut into chunks
- 200g Tomatoes, cut into quarters
- 1 tsp Olive oil

FOR THE VINEGARETTE DRESSING

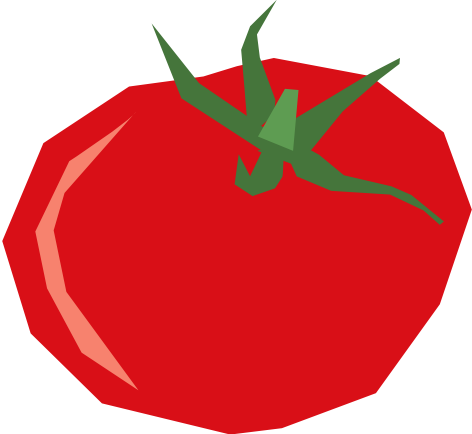
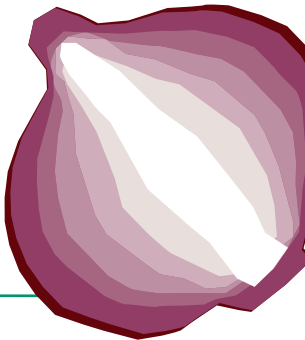
- 3 tbsp Balsamic vinegar
- 2 tbsp Olive oil
- 1 tsp Dijon mustard

TO SERVE

- 90g Mixed salad leaves
- 1 Cucumber, peel or slice into ribbons
- 6 Scallions, finely chopped
- 50g Blue cheese
- 100g Green olives, pitted
- 30g Pine nuts, toasted
- A handful Basil leaves

METHOD

- Preheat an air fryer to 200°C.
- Arrange the courgettes, peppers, tomatoes, and onion into the air fryer. Drizzle with the olive oil and season with salt and pepper.
- Cook for 10-15 minutes or until veg is tender and beginning to caramelise.
- Mix the balsamic vinegar, olive oil and Dijon mustard together to make the dressing.
- To serve, arrange the mixed salad leaves onto a plate and top with the cooked vegetables. Sprinkle with blue cheese, scallions, olives, pine nuts and fresh basil leaves before serving with the vinegarette dressing.



STRAWBERRY

STRAWBERRY
CUSTARD
GOOEY MUFFINS

50 MINS | MAKES 12

Preparation time: 10 minutes. Cooking time: 35–40 minutes.

INGREDIENTS

400g	Plain flour, sifted
170g	Muscovado sugar
1 tbsp	Baking powder
1 punnet (250g)	Strawberries, chopped
2	Eggs, beaten
300ml	Buttermilk
80g	Butter, melted, cooled
150g	Pot of fresh custard
A little	Caster sugar to dust

METHOD

- Preheat an oven to 200°C/(180°C Fan)/ Gas mark 6
- Line a muffin pan with paper cases.
- Mix flour, sugar, and baking powder in a bowl, then stir in strawberries with a wooden spoon.
- Mix eggs, buttermilk, and melted butter in another bowl.
- Stir the liquid ingredients into the dry ingredients until smooth.
- Divide 3/4 of the batter evenly between the paper cases to three-quarter full.
- Press in the centre of each muffin using a spoon to make a well. Fill each well with a teaspoon of chilled custard, then gently spoon the rest of the muffin mix over the custard.
- Bake for 30 – 35 minutes until golden and oozing custard. Sprinkle each with a little caster sugar while still warm.
- Serve immediately or store in an airtight container.





BEETROOT

COURGETTE

ONION

TOMATO

CUCUMBER

AIR FRYER BEETROOT & COURGETTE LATKES

🕒 1 HOUR | 👤 MAKES 12

Preparation time: 20 minutes. Cooking time: 40 minutes.

INGREDIENTS

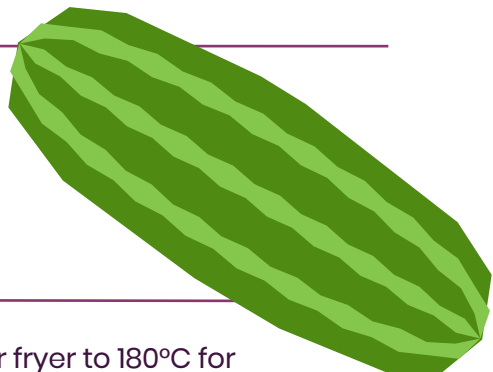
- 1 Large floury potato, grated, pat dry
- 1 Courgette, grated, pat dry
- 1 Beetroot, peeled and grated, pat dry
- 1/2 Small onion, very finely chopped
- 125g Cheddar cheese, grated
- 1 tsp Paprika
- A little Sea salt and freshly milled black pepper

TO SERVE

Sour cream, mango chutney, cucumber sticks, tomato halves, chunks of red and yellow pepper and feta cheese drizzled in honey and spicy mayonnaise.

METHOD

- Preheat the air fryer to 180°C for 5 minutes.
- In a large bowl, mix the latke ingredients together. Use your fingers to roll into 12 equal-sized balls, flattening them slightly on a chopping board to form rounds.
- Spray with oil, then carefully turn and spray the other side. Place in the air fryer and cook for 6 minutes. Turn and cook for a further 6 minutes or until golden and crispy around the edges.
- Repeat with remaining latkes, cooking in batches—season with salt.
- Arrange the latkes onto a sharing board with sour cream, mango chutney, cucumber sticks, tomato halves, chunks of red and yellow pepper, feta and spicy mayonnaise.



LETTUCE

MUSHROOM

ONION

TOMATO

CLASSIC ALL DAY BURRITO

🕒 25 MINS



SERVES 4

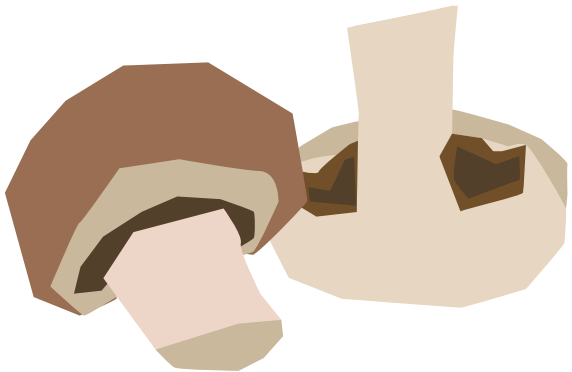
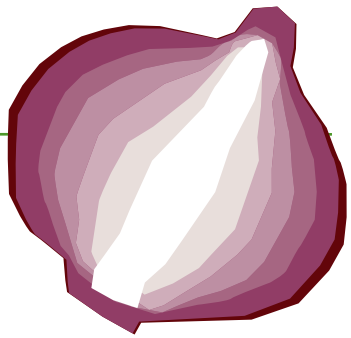
Preparation time: 10 minutes. Cooking time: 15 minutes.

INGREDIENTS

1 tsp	Rapeseed oil
1	Onion, peeled, halved and sliced
250g	Mushrooms, cleaned and sliced
1/2	Red pepper, seeds removed and sliced
1/2	Yellow pepper, seeds removed and sliced
2	Garlic cloves, crushed
4	Bacon rashers
8	Free-range eggs
2 tbsp	Cream
1 tbsp	Chopped chives
4	Soft tortilla wraps
1	Lettuce, washed and shredded
2	Tomatoes, sliced
100g	Grated cheddar cheese
2 tbsp	Chilli jam or sriracha sauce

METHOD

- Heat the oil in a large non-stick frying pan and fry the onion until soft, add mushrooms and cook until golden.
- Add the peppers and garlic and cook for 2 – 3 minutes until the peppers begin to soften.
- Grill the bacon until crisp.
- Whisk the eggs, cream and chives in a jug. Season. Pour into pan and use a wooden spoon to stir gently for 3 minutes or until almost set.
- Top the tortilla wraps with layers of onion, mushroom, peppers, bacon, egg, tomato and cheddar. Finish with shredded lettuce and chilli jam.
- Roll up the filled tortilla wraps and serve immediately.





COURGETTE

TOMATO

ONION

LETTUCE

CUCUMBER

HEALTHY QUICK DONER KEBABS

🕒 25 MINS | 👤 SERVES 4

Preparation time: 5 minutes. Cooking time: 20 minutes.

INGREDIENTS

1 tbsp	Rapeseed oil
1	Onion, peeled and sliced
1/2	Red pepper, deseeded and sliced
1/2	Yellow pepper, deseeded and sliced
1	Courgette, cut in half longways and sliced
500g	Lean steak mince (or turkey mince)
1 tsp	Onion granules
1/2 tsp	Garlic salt
1/2 tsp	Chilli powder
4	Large wholemeal soft tortillas

FOR THE FILLING

1	Lettuce, washed and shredded
1	Tomato, sliced
1/2	Cucumber, sliced

METHOD

- To make the sauce, mix yogurt, garlic, lemon zest and juice in a small bowl. Set aside.
- Heat the oil in a large non-stick frying pan and fry the onion for 2–3 minutes until soft; add the peppers and courgette and cook for 5 minutes until soft. Season well and remove to a large bowl and keep warm.
- Mix mince, onion granules, garlic salt, and chilli powder in a large bowl. Lay the wholemeal wraps onto a board and press 1/4 of the meat mixture onto each tortilla. Spread it out thinly so it completely covers the tortilla.
- Return a clean large non-stick frying pan to moderate heat, lay the tortillas into the frying pan meat side down, and cook one at a time for 5 minutes. Press down with a spatula to ensure the meat is evenly cooked.
- Use the spatula to remove from the pan to a warm plate. Fill with warm vegetables and top with shredded lettuce, tomato and cucumber.
- Drizzle yogurt sauce and sriracha over the kebab, roll it up and eat immediately.

TO SERVE

2 tbsp	Thick natural yogurt
	The zest and juice of 1/2 a lemon
1	Garlic clove, crushed
2 tbsp	Sriracha sauce

LETTUCE MUSHROOM CARROT

LETTUCE AND SPICED TURKEY CUPS

🕒 20 MINS | 👤 SERVES 4

Preparation time: 5 minutes. Cooking time: 15 minutes.

INGREDIENTS

- 1 tsp Olive oil
- 500g Turkey mince
- 1 Red onion, finely chopped
- 250g Mushrooms, sliced
- 2 Carrots, peeled and grated
- 1 tsp Onion salt
- 1-2 tbsp Ground cumin
- A tiny pinch Chilli flakes
- 2 tsp Finely chopped fresh mint
- Freshly milled salt and black pepper

METHOD

- Heat half the oil in a large non-stick frying pan and fry the turkey mince for 3 – 5 minutes until golden; break up with a wooden spoon as it cooks. Remove the turkey and set it aside.
- In the same pan, add the remaining oil and fry the onion until soft; add mushrooms and continue to cook until golden; then stir in grated carrot, onion salt, cumin, chilli flakes, and continue to cook for 2 minutes.
- Return the turkey mince to the pan, add half the chopped mint and season.
- Arrange lettuce cups onto a large serving plate, fill the cups with turkey mixture and scallions, drizzle with yogurt, honey, and peanut rayu and sprinkle with remaining mint. Serve immediately.

TO SERVE

- 8 Large lettuce leaves, washed and patted dry
- 4 Scallions, trimmed and finely chopped
- 2 tbsp Natural yogurt
- 2 tbsp Runny honey
- 1 tbsp Peanut rayu





MUSHROOM BROCCOLI CABBAGE SCALLION

MUSHROOM, BROCCOLI & POTATO NOODLE BOWL

🕒 20 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 225g Rooster potato, cut into noodles
- 1 tsp Olive oil
- 1 Onion, sliced
- 250g Mushrooms, sliced
- 200g Green cabbage, shredded
- 200g Broccoli, trimmed into florets
- 125 ml Teriyaki sauce
- 75 ml Oyster sauce
- 1 Large garlic clove, crushed
- 1-inch Piece of fresh ginger, peeled and grated
- 750 ml Vegetable or beef stock
- 6 Scallions, finely sliced
- 1 Red chilli, finely sliced
- A small bunch Coriander, finely chopped

METHOD

- Use a spiraliser gadget to cut the potato into noodles.
- Heat oil in a large saucepan and fry the onion until soft, add mushrooms and fry until golden.
- Add cabbage and broccoli and cook for 5 minutes. Then stir in teriyaki sauce, oyster sauce, garlic, ginger and stock, and cook for 5 minutes. Add potato noodles and boil for 5 minutes.
- Stir in scallions, chilli and coriander before serving.



RHUBARB

STRAWBERRY

RHUBARB & STRAWBERRY SMOOTHIE BOWL

🕒 20 MINS



SERVES 2

Preparation time: 5 minutes. Cooking time: 15 minutes.

INGREDIENTS

2	Large rhubarb stalks, cut into 1-inch pieces
2 tbsp	Honey
100g	Strawberries, hulled
1	Banana
200ml	Greek yogurt
1 tsp	Cinnamon

TO SERVE

Banana, strawberries, raspberries or blueberries

METHOD

- Preheat an oven to 180°C (fan 160°C) Gas mark 4.
- Arrange rhubarb pieces onto a roasting tray and drizzle with honey.
- Roast in a hot oven for 5 minutes and then cool slightly.
- Place the cooked rhubarb, strawberries, banana, yogurt and cinnamon into a food processor or smoothie maker and blend until smooth.
- Spoon into serving bowls and top with extra fruit before serving.





STRAWBERRY

STRAWBERRY & WHITE CHOCOLATE SLICE

40 MINS | 24 SLICES

Preparation time: 10 minutes. Cooking time: 30 minutes.
You will need a 23cm x 30cm rectangular non-stick baking tin.

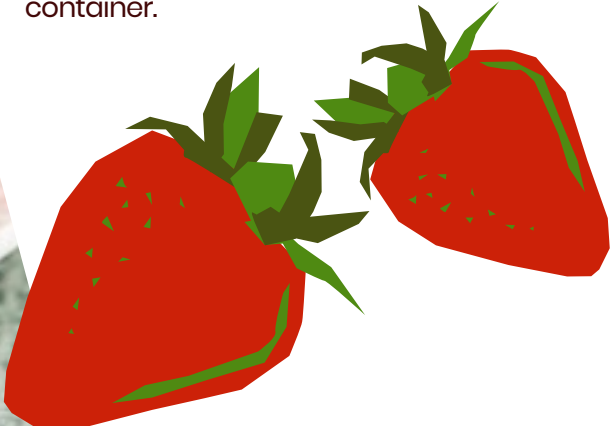
THIS RECIPE ALSO WORKS WITH
DARK OR MILK CHOCOLATE

INGREDIENTS

- 300g Good quality white chocolate, chopped
- 200g Butter, softened
- 400g Soft light brown sugar
- 4 Large eggs
- 220g Self-raising flour, sifted
- 300g Fresh strawberries, hulled and chopped

METHOD

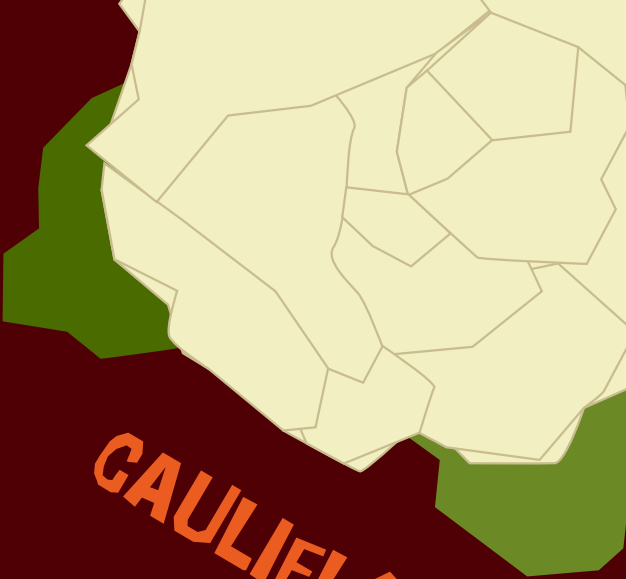
- Preheat an oven to 180°C (fan 160°C) Gas mark 4.
- Grease and line the baking tin with baking parchment or silicone paper.
- Gently melt half of the white chocolate with butter in a bowl over a saucepan of simmering water. Set aside and cool slightly.
- In a separate bowl, beat the eggs and sugar together.
- Add the melted chocolate and butter to the egg mixture and whisk well.
- Sift the flour, then use a spatula to fold into the mixture. Stir in strawberries.
- Pour the mixture into the prepared baking tin.
- Scatter the remaining white chocolate over the mixture, place it into a hot oven and bake for 45 – 50 minutes.
- Cool for 5 minutes in the baking tray, turn out onto a cooling rack, remove the baking parchment, and cool completely before cutting into slices and storing in an airtight container.



SEPTEMBER OCTOBER NOVEMBER

AUTUMN

WHAT'S IN SEASON IN AUTUMN?



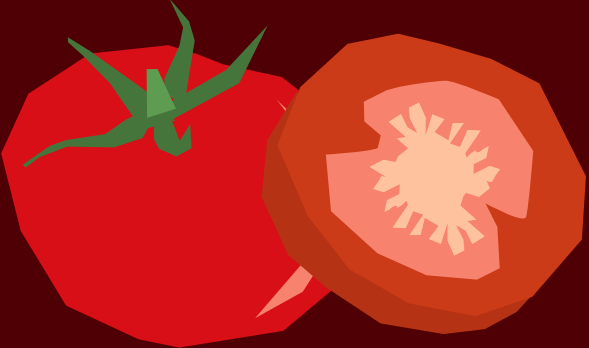
CAULIFLOWER



PARSNIPS



STRAWBERRIES



TOMATOES



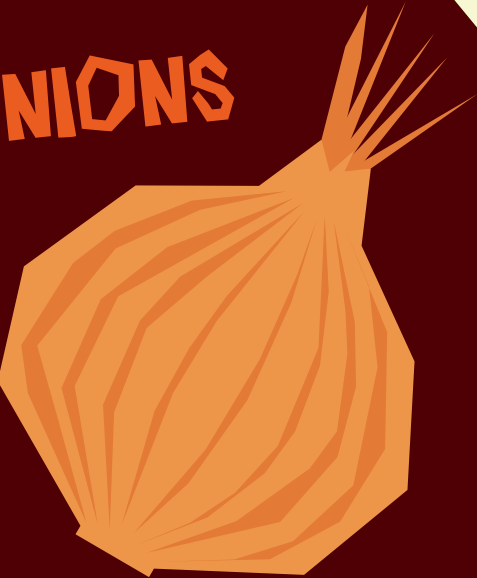
CELERY



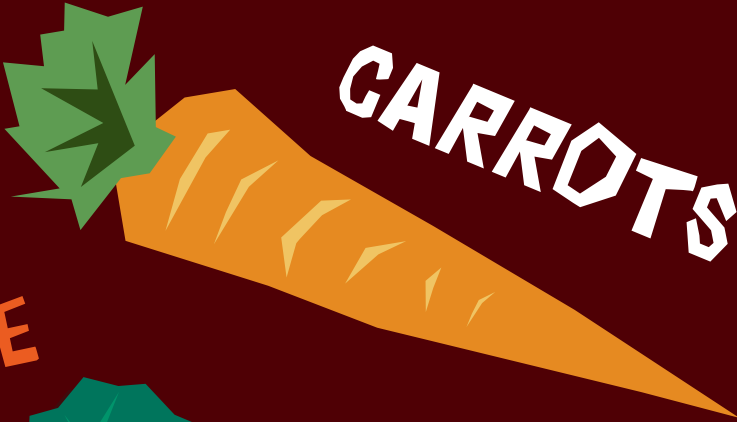
RASPBERRIES



LEEKS



ONIONS



CARROTS



KALE

ONION MUSHROOM CARROT PAK CHOI CAULIFLOWER

KOREAN PRAWN VEGETABLE BOWL

45 MINS | SERVES 4

Preparation time: 15 minutes. Cooking time: 30 minutes.

INGREDIENTS

- 1 tbsp Olive oil
- 1 Onion, halved
- 250g Mushrooms, halved
- 3 Garlic cloves, crushed
- 1-inch Piece of ginger, grated
- 50g Gochujang (or miso paste)
- 60ml Mirin (or rice wine)
- 2 tbsp Soy sauce
- 1 litre Vegetable stock
- 4 Eggs
- 2 Carrots, peeled and cut into strips
- 1 Bunch pak choi, quartered lengthways
- 400g Cooked king prawns

TO SERVE

- 400g Cauliflower rice
- 4 tbsp Kimchi
- 1 tbsp Sesame oil

METHOD

- Heat the olive oil in a saucepan over medium heat and fry the onion until soft. Add the mushrooms and cook until golden.
- Stir in the garlic, ginger, miso, and gochujang. Cook for 1 minute before adding in the mirin and soy sauce.
- Pour the vegetable stock into the saucepan and bring to a boil. Reduce the temperature and simmer for 5 - 10 minutes to make a broth.
- Meanwhile, place the eggs into a medium saucepan and cover with cold water. Place saucepan over medium heat and simmer for 4 minutes for soft-boiled eggs. Transfer to a bowl of iced water to cool. Deshell, halve and set aside.
- Add the carrots and pak choi to the broth and simmer for 2 - 3 minutes before stirring in the king prawns.
- Heat the cauliflower rice and spoon into warm bowls. Ladle in the vegetable and prawn broth. Top each bowl with a soft-boiled egg and a spoonful of kimchi.
- To serve, drizzle with sesame oil.

COOK'S NOTE

This dish is not just delicious, it's also a health-conscious choice. Packed with gut-healthy, nutritious ingredients, it's a great way to nourish your body. For additional variety, replace the king prawns with cooked chicken or beef.





MUSHROOM

TOMATO

ONION

LETTUCE

AIR FRYER BARBECUED MUSHROOM SHAWARMA

🕒 35 MINS | 👤 SERVES 4

Preparation time: 15 minutes. Cooking time: 20 minutes.

You will need four wooden skewers soaked in cold water for 10 minutes.

INGREDIENTS

- 1 tbsp Olive oil
- 1 Garlic clove, crushed
- 1/2 tsp Smoked paprika
- 1/2 tsp Onion powder
- 2 tbsp Barbecue sauce
- A sprinkle Sea salt and freshly ground black pepper
- 500g Large mushrooms, stalk removed

TO SERVE

- 4 Flatbreads
- 150g Yoghurt
- 1 Butterhead lettuce, leaves removed and chopped
- 200g Cherry tomatoes, quartered
- 60g Pickled red onions
- A handful Fresh mint, finely chopped

METHOD

- Preheat an air fryer to 200°C.
- Mix the olive oil, garlic, smoked paprika, onion powder, and barbecue sauce together in a large bowl. Remove the stalks from the mushrooms (freeze to make soup or stock).
- Thread the mushroom caps onto a wooden skewer and liberally brush with the barbecue sauce mix.
- Lay the skewers flat in the air fryer and cook for 5 minutes. Remove and brush again with the sauce, return to the air fryer, and cook for a further 5 minutes. Repeat if necessary.
- Next, combine the garlic and yoghurt and mix together in a small bowl.
- Warm the flatbreads in the oven and meanwhile take the mushrooms off the skewers and slice.
- Spoon the yoghurt onto the warmed flatbreads and top with mushrooms, lettuce, cherry tomatoes, pickled red onions, and a few fresh mint leaves before serving.

COOK'S NOTE

When taking mushrooms out of the air fryer the first time - press down on the mushroom using a spatula to extract more moisture and improve the texture.

BEETROOT CARROT ONION TOMATO CHILLI

ROASTED ROOT VEGETABLE FAJITAS

30 MINS | SERVES 4

Preparation time: 10 minutes. Cooking time: 20 minutes.

INGREDIENTS

- 6 Medium beetroots, peeled, and cut into small wedges
- 6 Carrots, cut into strips
- 2 Large red onions, peeled, and cut into thin wedges
- 2 tbsp Chipotle chilli paste
- 3 tbsp Olive oil
- A sprinkle Sea salt & freshly ground black pepper

FOR THE SALSA

- 300g Tomatoes, finely chopped
- 1 Garlic clove, crushed
- 2-3 Dashes of Mexican hot sauce
- 1/2 Small red onion, finely chopped
- 1 Small red chilli, finely chopped
- 1 Lime, juiced
- 3 tbsp Extra virgin olive oil

TO SERVE

- 4 Large flour tortillas
- 80g Mixed salad leaves
- 1 Avocado, peeled, stoned, and sliced
- 150g Cheddar cheese, grated
- 100ml Sour cream
- 75g Crispy fried onions

METHOD

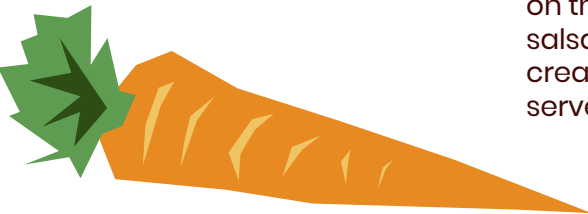
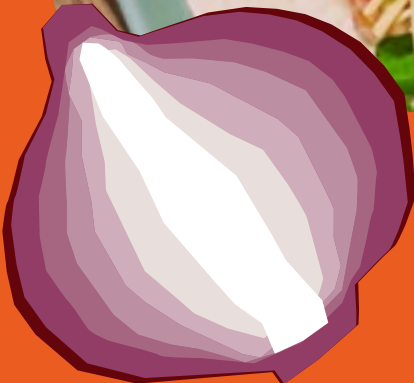
- Preheat an air fryer to 200°C.
- Place the vegetables into a large bowl and mix in the chipotle paste and olive oil. Season. Cook for 20 minutes, occasionally turning.
- For the salsa, mix all ingredients together in a bowl and set aside.

TO SERVE

- Lay the tortillas onto a board and spoon on the roasted vegetables. Top with salsa, avocado, cheddar cheese, sour cream, and crispy onions. Roll up and serve immediately.

COOK'S NOTE

Serve with a side of sautéed mushrooms.





BROCCOLI **ONION** **CHILLI** **SCALLION** **CARROT**

CHARGRILLED BROCCOLI AND CHICKEN SATAY SALAD

1 HOUR | SERVES 4

Preparation time: 15 minutes. Cooking time: 45 minutes.

INGREDIENTS

- 2 tbsp Olive oil
- 4 Chicken breast fillets, cut into strips
- 2 Rooster potatoes, cut into cubes
- 1 Large head of broccoli, cut into small florets
- 1 Red onion, cut into thin wedges

FOR THE SATAY SAUCE

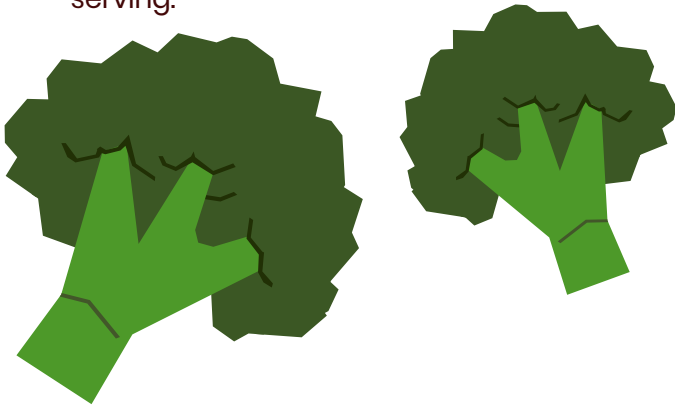
- 2 tbsp Peanut butter
- 1-inch Piece of ginger, finely grated
- 1 1/2 tbsp Soy sauce
- 1 tsp Sesame oil
- 1 Lime, juiced

TO SERVE

- 1 Carrot, peeled and cut into ribbons
- 4 Scallions, thinly sliced
- 1 Red chilli, deseeded and finely chopped
- 40g Roasted unsalted peanuts, coarsely chopped
- 2 tsp Sesame seeds, lightly toasted

METHOD

- Preheat a chargrill or barbecue to a high heat. Brush the chicken with half the olive oil and cook on the grill until thoroughly cooked.
- Add the onion and broccoli and cook until slightly charred and tender. Keep warm.
- Meanwhile, preheat an air fryer or oven to 200°C. In a bowl toss the potato cubes in the remaining olive oil in a bowl until well coated. Add to the air fryer or oven and cook for 15 – 20 minutes until crisp and tender.
- For the satay sauce, combine the peanut butter, ginger, soy sauce, sesame oil, and lime juice in a small jar. Seal the jar tightly with a lid and shake vigorously until ingredients are mixed forming a smooth sauce. As an option, add to 1-2 teaspoons of warm water if the sauce is too thick.
- Arrange the chicken, broccoli, potatoes, and onion onto serving plates. Drizzle the satay sauce on top and garnish with carrot ribbons, scallions, chopped peanuts, and sesame seeds before serving.



KALE SPINACH RASPBERRIES APPLES

SPORTS BOOSTER SMOOTHIE

5 MINS | MAKES 1

Preparation time: 5 minutes.

INGREDIENTS

- 1 Large handful of spinach
- 1 Large handful of kale
- 1 tbsp Wheatgrass powder
- 1 tbsp Milled flaxseeds
- 1 tbsp Natural yogurt
- 350ml Coconut water (or water)
- 1 Large handful of raspberries
- 1 Apple, core removed and roughly chopped

METHOD

- Place all the ingredients into a blender and blend until smooth.
- Add a little more water if necessary.
- Transfer to a chilled flask and drink throughout the day to keep hunger at bay and blood sugars balanced.





TURNIP

SCALLION

ONION

LETTUCE

TOMATO

CUCUMBER

SWEETCORN

CAJUN TURNIP

BACON AND CHEESE-LOADED PANCAKES

50 MINS | SERVES 4

Preparation time: 30 minutes. Cooking time: 20 minutes.

INGREDIENTS

- 1 Small turnip
- 2 Large potatoes
- 1 tsp Rapeseed oil
- 1 Onion, peeled and finely diced
- 300g Smoked bacon, cut into small dice, fat removed
- 100g Low fat cheddar cheese, grated
- 6 Scallions, roughly chopped
- 2 tsp Cajun spice
- A pinch Sea salt and freshly milled black pepper
- 50ml Rapeseed oil for frying

TO SERVE

- 50ml Sour cream
- 50ml Barbecue sauce
- 4 Freshly cooked corn on the cob
- 1 tbsp Chopped chives
- Shredded lettuce, tomato and cucumber salad

METHOD

- Pierce the turnip and potatoes with a fork several times, place them in a microwave and cook on high for 20 minutes until completely tender.
- Remove from the microwave and allow to cool.
- Meanwhile, heat 1 teaspoon of oil in a large non-stick frying pan and cook the onion until soft. Add the bacon and fry until crisp and dry. You don't want any liquid left in the pan.
- Carefully cut the turnip and potatoes in half, and use a spoon to remove the flesh to a large mixing bowl. Discard the skins.
- Add fried onions, bacon, grated cheese, half the scallions, cajun spice, salt and pepper. Mix well.
- Divide the mixture into 8 equal size balls.
- Return a clean non-stick pan with oil to medium-high heat and add 4 of the balls to the pan. Use a spatula to flatten into pancakes and gently fry for 4 – 5 minutes on both sides until crisp and golden.
- Pile 2 warm pancakes onto each plate, top with sour cream, scatter with the remaining scallions and chives, and drizzle with a little barbecue sauce.
- Serve with warm corn on the cob and salad.

BEETROOT ONION CARROT PAK CHOI SCALLIONS

MONGOLIAN TURKEY RISSOLES

🕒 25 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 15 minutes.

INGREDIENTS

- 500g Turkey mince
- 1 Small raw beetroot, peeled and grated
- 1 Carrot, peeled and grated
- 1/2 Small onion, finely diced
- 90g Breadcrumbs
- 1 Garlic clove, crushed
- 1 Egg, beaten

FOR THE SAUCE

- 100ml Soy sauce
- 2 tbsp Honey
- 1 Lime, juiced
- 2 Large garlic cloves, peeled and crushed
- 1 tbsp Fresh ginger, finely grated
- 2 Red chillies, deseeded and finely sliced

TO SERVE

- 2 Heads of pak choi, trimmed and cut in half longways
- 5 Scallions, trimmed and thinly sliced
- 1 tbsp Freshly chopped coriander

METHOD

- Place the mince into a bowl and add grated beetroot, carrot, diced onion, breadcrumbs, garlic, and egg. Season. Use your hands to thoroughly mix the ingredients together and then roll into 12 equal size balls.
- Heat a little oil in a non-stick frying pan over medium heat. Place the rissoles into the pan and flatten slightly. Cook for 3 - 4 minutes on each side until evenly cooked.

TO MAKE THE SAUCE

- Add soy sauce, honey, lime juice, garlic, ginger and half the chilli to a saucepan, and bring to a boil for 2 - 3 minutes until slightly thickened.

TO SERVE

- Cook the pak choi in boiling water for 1- 2 minutes until tender. Arrange onto warm plates with turkey rissoles, drizzle with sauce, and sprinkle with scallions and coriander.
- Serve with fried new potatoes (option to serve with rice or noodles) vegetables or mixed lettuce, tomato and cucumber salad.





ONION

CARROT

SCALLIONS

PARSNIP

THAI VEGETABLE SOUP

40 MINS | SERVES 4

Preparation time: 10 minutes. Cooking time: 30 minutes.

INGREDIENTS

- 1 tbsp Rapeseed oil
- 1 Onion, chopped
- 5cm piece Ginger, peeled and grated
- 2 Garlic cloves, crushed
- 1 tbsp Thai red curry paste
- 800g Carrots, peeled, cut into chunks
- 500g Parsnips, peeled, cut into chunks
- 750ml Vegetable stock
- 2x400ml Cans of coconut milk
- 1 tbsp Fish sauce

FOR THE CORIANDER CRUNCH

- 1 Long red chilli, seeded, finely chopped
- 4 Scallions, finely chopped
- A handful Chopped coriander
- A handful Unsalted peanuts, roughly chopped

TO SERVE

- Sesame oil (optional)
- Warm coriander flatbreads

METHOD

- Heat the oil in a large saucepan over medium-high heat and fry the onion for 5 minutes until soft. Stir in ginger, garlic and Thai paste and cook for 1 minute until fragrant.
- Add carrots and parsnips and stir for 1 minute to coat in the spices.
- Pour in the stock, coconut milk and fish sauce. Bring to a boil and then reduce the heat to medium-low and simmer, uncovered, for 20 mins or until the vegetables are tender.
- Use a hand blender to blend the soup until smooth.

FOR THE CORIANDER CRUNCH

- Mix chilli, scallions, coriander, chopped peanuts and lime juice in a medium bowl.

TO SERVE

- Ladle the soup into warm serving bowls.
- Top with coriander crunch, drizzle with sesame oil and serve with warm flatbreads.

CAULIFLOWER TOMATO

CAULIFLOWER NACHOS WITH TOMATO SALSA

🕒 20 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 25 minutes.

INGREDIENTS

- 1 Large cauliflower, broken into small florets
- 1 tbsp Olive oil
- 1 tbsp Taco seasoning
- 2 tbsp Smoked paprika
- 200g Tortilla chips
- 100g Cheddar cheese, grated

FOR THE SALSA

- 2 Tomatoes, roughly chopped
- 1 Small red onion, finely chopped
- 1 Small chilli, finely chopped
- 1 tbsp Vinegar

TO SERVE

- 150g Natural yogurt
- 1 Avocado, thinly sliced into wedges
- A handful Coriander, chopped
- 1 Lime

METHOD

- Preheat an oven to 220°C (200°C Fan) Gas mark 7.
- Place the cauliflower florets into a large microwave-safe bowl. Partially cover and microwave on high for 8 minutes or until tender/crisp.
- Mix oil, taco seasoning and paprika in a small bowl and pour over the cauliflower; mix to coat.
- Arrange tortilla chips onto an ovenproof dish.
- Top with cauliflower and sprinkle with cheese, bake in a hot oven for 8 minutes, until the cheese melts.
- Meanwhile, combine chopped tomato, red onion, chilli and vinegar in a small bowl. Season.
- Top the cauliflower nachos with yogurt, avocado, coriander and tomato salsa, squeeze with lime juice before serving.





KALE ONION LEEK CELERY CARROT

KALE & CHORIZO SOUP

🕒 30 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 20 minutes.

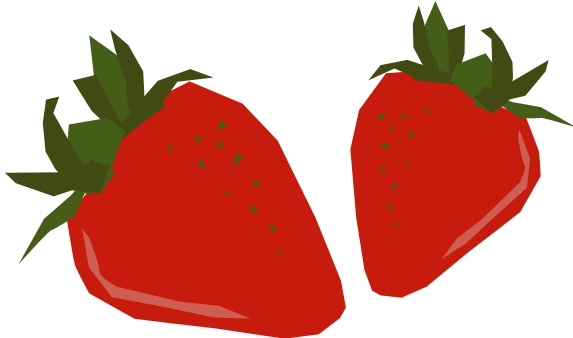
INGREDIENTS

- 1 tsp Olive oil
- 200g Chorizo sausage, roughly chopped
- 1 Onion, finely chopped
- 3 Garlic cloves, crushed
- 2 Celery stalks, finely chopped
- 4 Leek, washed, trimmed and chopped
- 2 Carrots, chopped
- 250g Rooster potato, peeled and cubed
- 200g Kale leaves, shredded
- 1500ml Beef stock
- A handful Parsley, finely chopped

METHOD

- Heat the oil in a large saucepan over medium heat. Add the sausage meat and cook for 3 - 4 minutes.
- Use a slotted spoon to transfer to a plate and set aside.
- Fry the onion, garlic, celery, leek, carrot and potato for 5 minutes.
- Pour in stock, cover and bring to a simmer for 10 minutes.
- Return the sausage meat to the saucepan with chopped kale and parsley. Simmer for 2 minutes until tender. Ladle into warm bowls and serve.





STRAWBERRIES

RASPBERRIES

PAN-FRIED STRAWBERRIES WITH ORANGE & MINT

20 MINS | SERVES 4

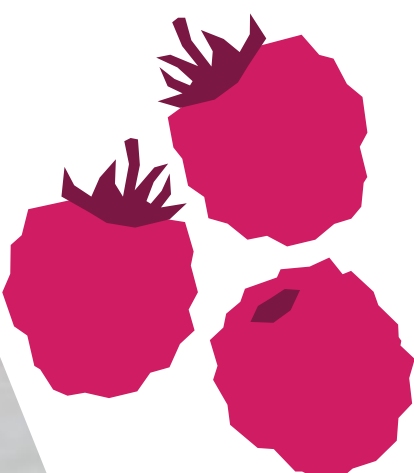
Preparation time: 5 minutes. Cooking time: 15 minutes.

INGREDIENTS

- 500ml Freshly squeezed orange juice
- 2.5 tbsp Honey
- 1 Large punnet of strawberries, cut in half
- 1 Large punnet of raspberries
- A handful Fresh mint, finely chopped
- 200ml Vanilla bean ice-cream

METHOD

- Place the orange juice and honey into a saucepan, bring to a boil and cook for 15 minutes until the sauce has reduced from 500ml to 100ml. It will become thick and form a syrup.
- Add strawberries to the syrup and warm for 1- 2 minutes.
- Stir in raspberries and mint.
- Spoon the warm strawberries and raspberries into bowls. Top with ice-cream, drizzle with sauce and serve immediately.





PARSNIP LEEK CARROT BROCCOLI LETTUCE

CHICKEN & ROASTED VEG PROTEIN BOWL

🕒 30 MINS | 👤 SERVES 4

Preparation time: 10 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 4 Chicken fillets
- 1 tsp Oil
- 2 tsp Paprika
- Sea salt and freshly milled black pepper

FOR THE ROASTED VEGETABLES

- 2 Large carrots, cut in half longways and chopped into large chunks
- 2 Large parsnips, cut in half longways and chopped into large chunks
- 1 Leek, washed and chopped
- 1 Head of broccoli, florets removed
- 2 tbsp Olive oil
- 6 tbsp Balsamic vinegar
- 2 tbsp Mustard
- 2 Garlic cloves, crushed

TO SERVE

- 1 Crisp lettuce, washed and shredded
- 1 Butterhead lettuce, washed and shredded
- 1 tbsp Toasted almonds
- 2 tbsp Grated cheese

METHOD

- Heat the oven 200°C (Fan 180°C) Gas mark 6
- Brush the chicken with oil, sprinkle with paprika, salt and pepper and roast in a hot oven for 15 – 20 minutes until cooked.
- Mix prepared vegetables, olive oil, balsamic vinegar, mustard, garlic, salt and pepper in a large bowl. Tip onto a large tray and roast in a hot oven for 15 – 20 minutes.
- Stir occasionally until the vegetables are tender.

TO SERVE

- Arrange lettuce into serving bowls, top with warm roasted vegetables and their roasting juices, sliced chicken, grated cheese and toasted almonds.

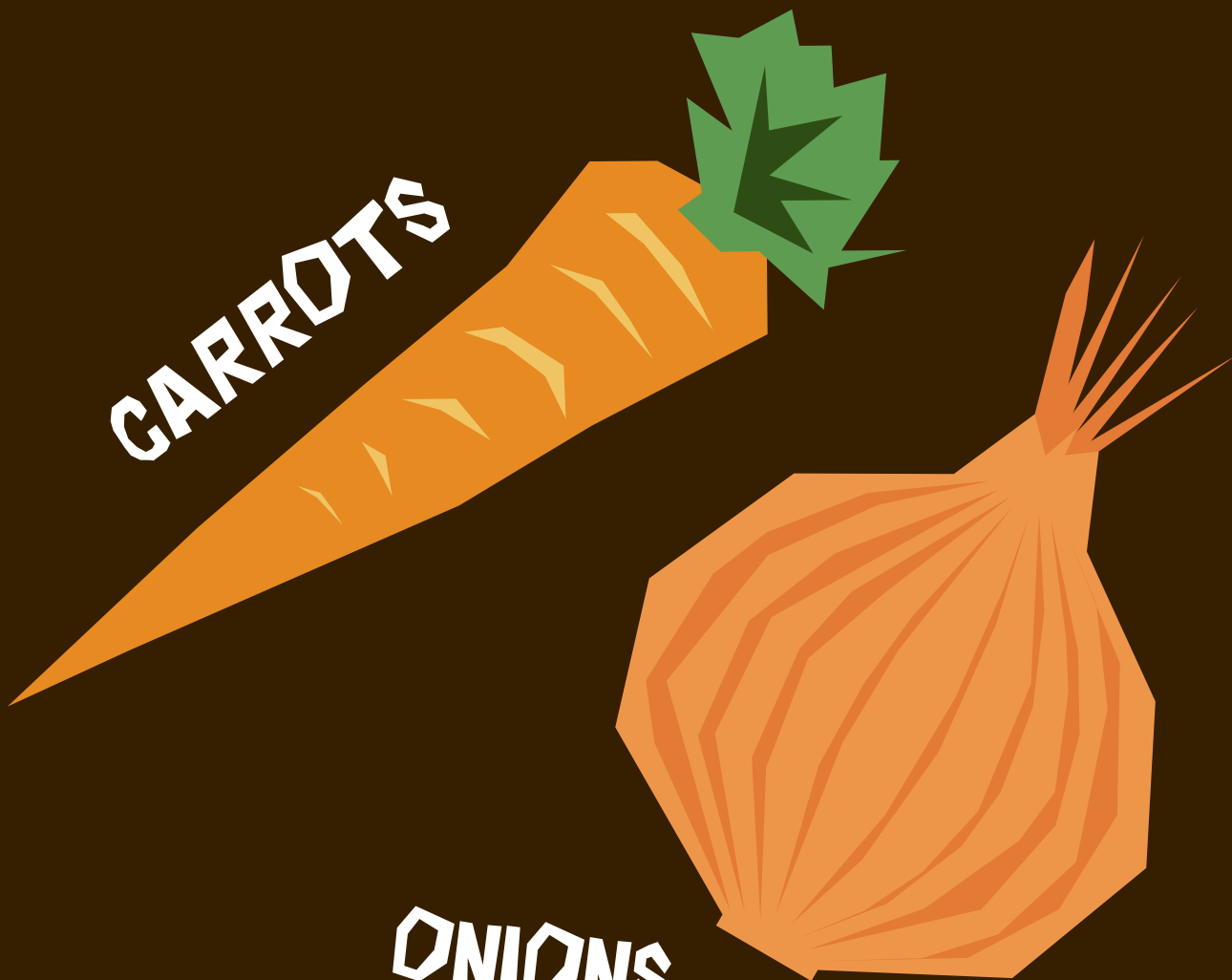


DECEMBER JANUARY FEBRUARY

WINTER

WHAT'S IN SEASON IN WINTER?

CARROTS



ONIONS

PAK CHOI



PARSNIPS



LEEKS



CELERY



CARROT PARSNIP BEETROOT ONION CELERIAC

FESTIVE ROOT FRIES

🕒 70 MINS | 👤 SERVES 2

Preparation time: 10 minutes. Cooking time: 1 hour

INGREDIENTS

- 2 tbsp Olive oil
- 1 Large Rooster potato, cut into chunky fries
- 1 Large carrot, cut into chunky batons
- 1 Large parsnip, cut into chunky batons
- 1 Large beetroot, peeled and cut into chunks batons
- 1 Small celeriac, cut into chunky batons
- 1 Onion, finely sliced
- 8 Cocktail sausages
- 2-3 Rashers of smoked streaky bacon
- 1 Chicken breast
- 60g Pre-made stuffing
- 100g Cheddar cheese, grated
- 200ml Chicken gravy
- 1 tbsp Cranberry sauce

METHOD

- Preheat an air fryer to 200°C (oven option available also)
- Mix together the potato, carrot, parsnip, beetroot, celeriac, and onion with the olive oil and cook in two batches in the air fryer for 20 minutes each until crisp. Shake every 5 minutes to ensure an even cook.
- Remove the veg from the air fryer and keep in a warm oven until ready to serve.
- Cook the sausages and bacon in the air fryer for 10 minutes until the sausages are cooked and the bacon is crisp and golden. Remove and keep warm.
- Add the chicken breast to the air fryer and cook for 12 minutes until thoroughly cooked. Shred the cooked chicken, set aside and keep warm.
- Cook the stuffing in the air fryer until golden and crisp. Set aside and keep warm.
- Arrange the potato and vegetable fries into warm serving bowls and top with shredded chicken, cocktail sausages, crispy bacon, stuffing, and grated cheese.
- Serve with chicken gravy and a dollop of cranberry sauce.





CARROT ONION LEEK PARSNIP BRUSSELS SPROUT

ROOT VEGETABLE AND HONEY MUSTARD SAUSAGE BAKE

🕒 55 MINS | 👤 SERVES 4

Preparation time: 15 minutes. Cooking time: 40 minutes.

INGREDIENTS

- 2 Large Rooster potatoes, skin on and cut into chunks
- 1 Large onion, cut into wedges
- 2 Large carrots, peeled and cut into chunks
- 3 Parsnips, peeled and cut into chunks
- 1 Leek, washed, trimmed and sliced
- 250g Brussels sprouts, trimmed and halved
- 2 tbsp Honey
- 2 tbsp Wholegrain mustard
- 2 Garlic cloves, crushed
- 150ml Chicken stock
- 1 sprig Thyme
- 8 Pork and honey sausages (option: any specialty sausage of your choice)
- A sprinkle Sea salt and freshly ground black pepper

METHOD

- Preheat an oven to 200°C / 180°C Fan / Gas mark 6.
- Place the potatoes, onions, carrots, leek, and sprouts into a roasting dish
- Whisk the honey, wholegrain mustard, garlic, and chicken stock together in a small bowl and pour over the vegetables. Mix well to coat.
- Place the vegetables in the roasting dish with the sausages and roast in the oven for 20 minutes.
- After 20 minutes in the oven, remove and mix the ingredients together ensuring everything is coated in sauce. Return the dish to the oven for a further 20 minutes, until the sausages are thoroughly cooked.

COOK'S NOTE

Can be served with fried chorizo, spicy sausage, or smoked bacon.

BRUSSELS SPROUT SCALLION CHILLI

SWEET AND SPICY AIR FRYER BRUSSELS SPROUTS

🕒 25 MINS | 👤 SERVES 2

Preparation time: 10 minutes. Cooking time: 10-15 minutes

INGREDIENTS

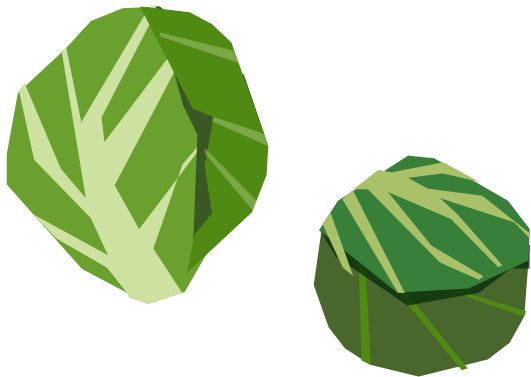
- 400g Brussels sprouts, cut the large ones in half
- 1 tbsp Olive oil
- 2 tbsp Soy sauce
- 1 tbsp Maple syrup
- 1/2 Lemon, juiced
- 1 Garlic clove, crushed
- 1 tbsp Sriracha sauce
- 200g King prawns, cooked
- 60g Cashew nuts, chopped

TO SERVE

- 2 Scallions, finely chopped
- 1 Small red chilli, deseeded and finely chopped

METHOD

- Mix the olive oil, soy sauce, maple syrup, lemon juice, garlic, and sriracha in a large bowl. Add the brussels sprouts and coat in the sauce.
- Heat a large wok or frying pan over medium heat.
- Add in the brussels sprouts and stir fry for 10 - 12 minutes until the sprouts are tender and the sauce has reduced to a sticky consistency.
- Stir in the king prawns and warm through, before adding the cashew nuts.
- Add to bowl and sprinkle with scallions and chilli before serving.



CHILLI BROCCOLI ONION SPINACH

LAMB MEATBALLS WITH SHATTA

35 MINS | SERVES 4

Preparation time: 15 minutes. Cooking time: 20 minutes.

INGREDIENTS

- 500g Lamb mince
- 50g Breadcrumbs
- 50ml Milk
- 2 Garlic cloves, grated
- 1/2 Onion, finely chopped
- 1 tsp Ground cumin
- 1 Small red chilli, deseeded and finely chopped
- A sprinkle Sea salt and freshly ground black pepper

FOR THE VEG

- 1 tbsp Olive oil
- 1 Head of broccoli, cut into florets
- 2 Red onions, cut into wedges
- 60g Spinach leaves

FOR THE SHATTA

- 50g Pickled jalapeños, drained
- 1 Small red chilli, deseeded and finely chopped
- A handful Mint leaves, finely chopped
- A handful Coriander leaves, finely chopped
- 2 tbsp Honey
- 2 tbsp Olive oil

TO SERVE

- 100g Hummus
- 100g Feta cheese, crumbled
- A handful Mixed salad leaves
- 4 Flatbreads

METHOD

- Preheat an air fryer to 200°C.
- Add the lamb mince, breadcrumbs, milk, garlic, onion, cumin, and chilli into a large bowl and season with salt and pepper. Mix well and roll into 16 evenly sized meatballs.
- Cook the meatballs in two batches for 10 - 15 minutes each until thoroughly cooked. Remove from the air fryer and keep warm.
- Add the broccoli and onion to the air fryer, drizzle with olive oil and cook for 7 - 10 minutes until tender. Stir in the spinach and cook for a further 2 minutes until wilted.

FOR THE SHATTA

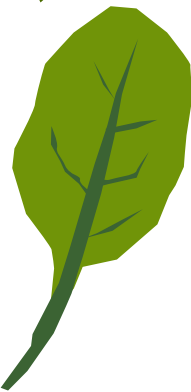
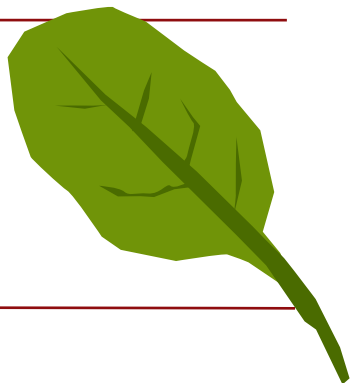
- Mix the jalapeños, chilli, coriander, honey, and olive oil together in a small bowl.

TO SERVE

- Spoon a serving of hummus onto a large serving plate and arrange the meatballs, onion, spinach, and broccoli on top.
- Drizzle with shatta and garnish with mint, feta, and chilli flakes. Serve with the flatbreads and salad leaves.

COOK'S NOTE

Hummus alternative: mix together 100ml of Greek yoghurt, a squeeze of lemon juice, and a crushed clove of garlic.



LETTUCE TOMATO BROCCOLI ONION CARROT PARSNIP LEEK

EASY WEEKLY LUNCH PREP

🕒 40 MINS | 👤 MAKES 5 LUNCHES

Preparation time: 20 minutes. Cooking time: 20 minutes.

INGREDIENTS

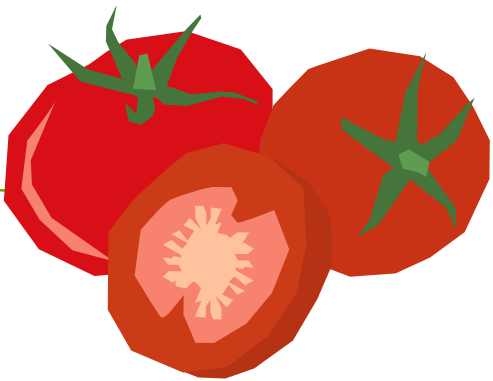
- 3 tbsp Soy sauce
- 2 Large garlic cloves, crushed
- The juice of a lemon
- A pinch Chilli flakes
- Olive oil spray
- 2 Chicken fillets
- 400g Carrots, peeled and cut in quarters longways
- 400g Parsnips, peeled and cut in quarters longways
- 2 Onions, peeled and cut into wedges
- 2 Leeks, trimmed and washed, cut into 2cm pieces
- 250g Broccoli, cut into small florets

TO SERVE

- 1 Lettuce, washed and shredded
- 5 Tomatoes, roughly chopped
- 1 Cucumber, cut in half longways and diced

METHOD

- Preheat oven to 200°C/180°C (fan-forced) / Gas mark 6
- Mix soy sauce, garlic, lemon juice, and chilli flakes in a small bowl.
- Place chicken, carrots, parsnips, onions, leeks and broccoli on a large non-stick tray. Spray chicken and all vegetables lightly with olive oil. Drizzle the soy mixture over the chicken breast.
- Bake for 15 – 20 minutes until chicken is cooked and vegetables are golden and tender.



MONDAY

Fill a Pitta bread with chilli mayo, half of the chicken sliced and one-fifth of the roasted vegetables. Add a salad of lettuce, tomato and cucumber.

TUESDAY

Boil 100g of baby potatoes, cut them in half and arrange them into a lunchbox. Top with one-fifth of the roasted vegetables and the remaining sliced chicken, shredded lettuce, tomato and cucumber. Drizzle with balsamic dressing.

WEDNESDAY

Steam 100g of couscous and arrange it into a lunchbox. topped with one-fifth of roasted vegetables, a handful of spinach leaves, 1 tablespoon of red pepper hummus and a sprinkle of Dukkah, drizzle with a spoonful of honey and crumble 25g of feta cheese over the top.

THURSDAY

Top 100g of cooked brown rice with one-fifth of roasted vegetables, 100g of cooked flaked salmon, shredded lettuce, tomato and cucumber and drizzle with sriracha sauce and natural yogurt.

FRIDAY

Fill a wholemeal soft Taco with the remaining roasted vegetables, 1 sliced tomato, 1 tablespoon of kidney beans, 1 tablespoon of guacamole, and 25g of grated cheddar, shredded lettuce and cucumber. Drizzle with sour cream and chilli sauce. Place an ear of mini corn on the cob into the box.

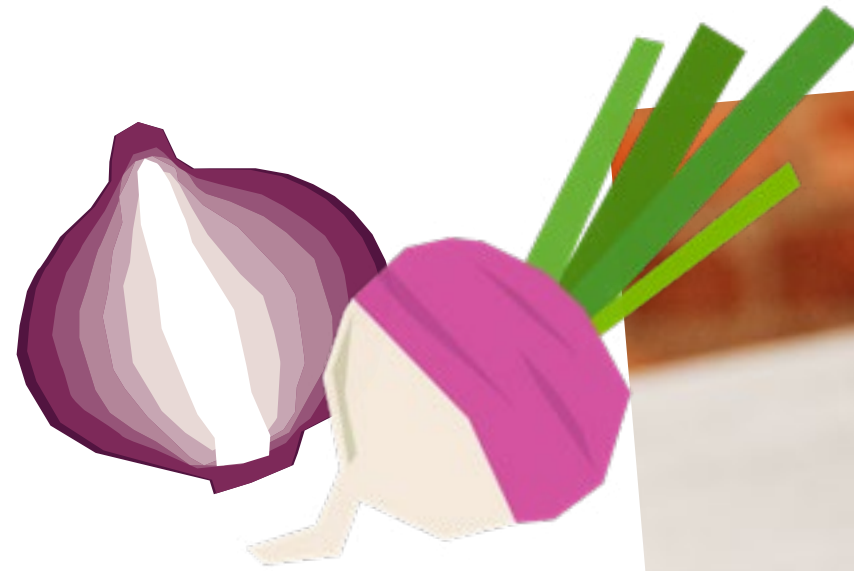


ONION

TOMATO

TURNIP

ALOO SHALGAM



40 MINS | SERVES 4

Preparation time: 15 minutes. Cooking time: 25 minutes.

INGREDIENTS

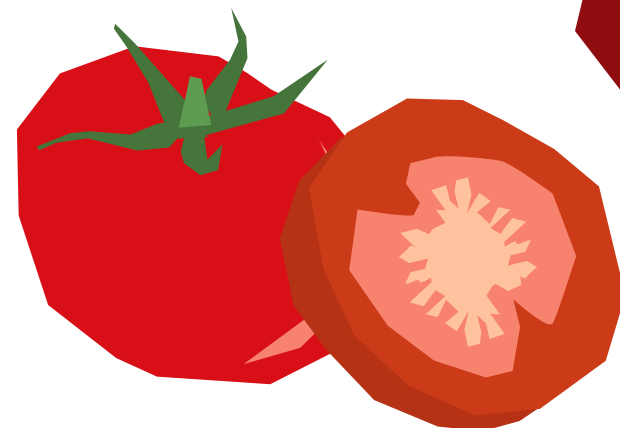
- 1 tbsp** Vegetable oil
- 1** Onion, cut in half and sliced
- 3** Cloves of garlic, crushed
- 1-inch** Piece of ginger, peeled and grated
- 1** Red chilli, finely chopped
- 2 tbsp** Medium curry paste
- 4** Large tomatoes, chopped
- 750ml** Vegetable stock
- 1 1/2 tbsp** Tomato paste
- 1 tbsp** Honey
- 2** Large potatoes, peeled and cut into 1/2-inch cubes
- 1kg** Turnip, peeled and cut into 1/2-inch cubes
- 200g** Frozen green peas
- A handful** Chopped coriander

TO SERVE

- 2 x 250g** Microwave basmati rice pouches
- Natural yogurt

METHOD

- Heat the oil in a large pan and fry the onion until soft.
- Add garlic, ginger, chillies and curry paste and chopped tomatoes. Cook for a minute. Then pour in vegetable stock and stir in tomato paste and honey while bringing to a boil.
- Carefully stir in the potato and turnips, and continue to boil for a minute, then reduce the temperature to moderate and cook for 15 minutes until soft.
- Stir in peas and chopped coriander.
- Microwave the rice as per packet instructions.
- Arrange rice into warm bowls and top with Aloo Shalgam; drizzle with natural yogurt before serving.





BROCCOLI CABBAGESCALLIONS

STICKY KOREAN BEEF WITH QUICK KIMCHI

40 MINS | SERVES 4

Preparation time: 30 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 1 tbsp Oil
- 600g Lean beef mince
- 2 tbsp Honey
- 2cm Piece fresh ginger, peeled, finely grated
- 3 Garlic cloves, crushed
- 60ml Soy sauce
- 1 tbsp Water
- 1 tbsp Lime juice
- 1 Head of broccoli, trimmed into florets

FOR THE KIMCHI

- 3 tbsp Sriracha chilli sauce
- 100ml Rice wine vinegar
- 1 tbsp Sesame oil
- 1 tbsp Soy sauce
- 1/4 Cabbage, finely shredded
- 2 Scallions, thinly sliced

TO SERVE

- 2 x 250g Microwave basmati rice pouches
- 1 Red chilli, finely chopped
- 2 tsp Sesame seeds
- A handful Fresh coriander leaves

METHOD

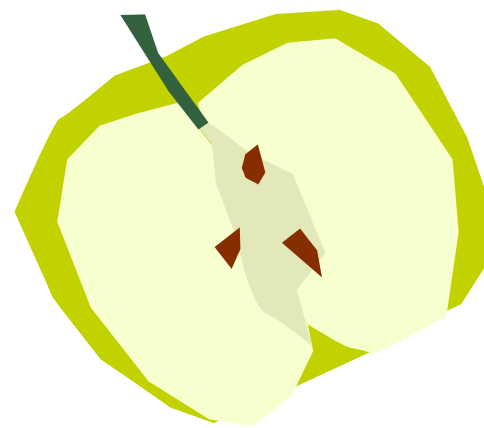
- To make the kimchi: combine the first four ingredients together in a bowl to make the pickling liquid. Add cabbage and scallions and mix well.
- Set aside for 15 minutes to allow the flavours to develop.
- Heat the oil in a wok over high heat and add the mince. Cook for 6 – 8 minutes or until mince is well browned.
- Meanwhile, combine honey, ginger, garlic, soy sauce, water and lime juice in a small jug.
- Stir in the broccoli florets and cook for 2 minutes, then add the soy mixture and cook for 3 minutes until the broccoli is tender and the sauce thickens.
- Heat the basmati rice pouches in the microwave as per packet instructions.
- Arrange the Korean beef, rice and kimchi into serving bowls.
- Top with coriander and sprinkle with sesame seeds and chilli flakes before serving



APPLES

BLACKBERRIES

EASIEST EVER APPLE TART



🕒 50 MINS | 👤 SERVES 10

Preparation time: 10 minutes. **Cooking time:** 30 minutes.
You will need a large baking tray and baking parchment.

*THIS DELICIOUS TART CAN BE
MADE WITH BRAMLEY APPLES
OR EATING APPLES*

INGREDIENTS

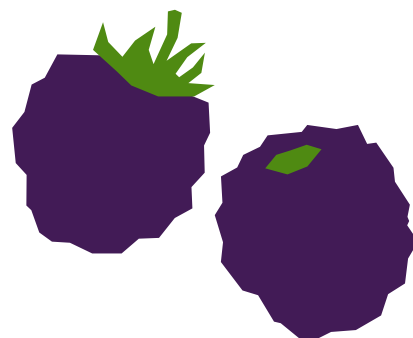
1	Sheet of all butter puff pastry (shop bought)
60g	Butter, diced, at room temperature
55g	Caster sugar
1 tsp	Vanilla extract
1	Egg
55g	Ground almonds
2 tbsp	Plain flour
2	Bramley apples, cored, halved
1	Punnet blackberries, cut in half
20g	Butter, melted
1 tbsp	Caster sugar
1 tsp	Icing sugar

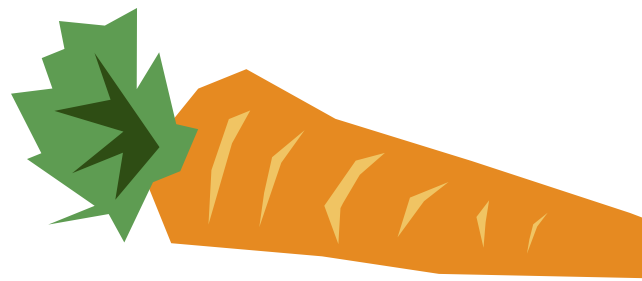
TO SERVE

- Vanilla ice cream or whipped fresh cream

METHOD

- Preheat oven to 190°C/(170°C fan)/ Gas mark 5
- Line a large baking tray with baking parchment.
- Use a lightly floured rolling pin to roll out the pastry on a lightly floured surface to a 26 x 30cm rectangle. Transfer to the prepared tray and place in the fridge until required.
- To make the filling, use an electric mixer to cream the butter and sugar until pale and creamy. Add the vanilla and egg with the flour and gently fold in. Stir in ground almonds and mix until smooth.
- Cut the apples in half, remove the core and thinly slice.
- Spread the almond mixture over the pastry, leaving a 1.5cm border. Arrange overlapping apple slices and blackberry halves in rows on top of the mix.
- Brush with melted butter and sprinkle with caster sugar.
- Bake for 30 minutes or until the pastry is golden and the apple is tender.
- Dust with icing sugar and serve with ice cream or whipped fresh cream.





PARSNIP **CARROT** **TURNIP**

ROOT VEGETABLE OVEN CHIPS & SLIDERS

35 MINS | **SERVES 4**

Preparation time: 10 minutes. Cooking time: 10 minutes.

INGREDIENTS

- 500g Potatoes, peeled and cut into chips
- 4 Carrots, peeled and cut into chips
- 4 Parsnips, peeled and cut into chips
- 1 Small turnip or celeriac, peeled and cut into chips
- 100ml Rapeseed oil
- Sea salt and freshly milled black pepper

FOR THE SLIDERS

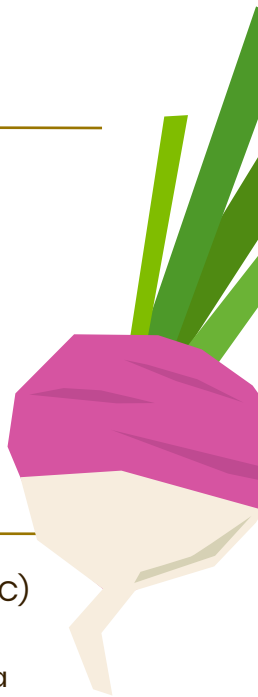
- 500g Lean minced steak
- 1/2 Small onion, peeled and very finely chopped
- 1 Garlic clove, crushed
- 1 Pinch of chilli flakes
- 1 tbsp Parsley, chopped
- 1 Egg
- Sea salt and freshly milled black pepper

TO SERVE

- 8 Mini bread rolls, cut in half
- 4 tbsp Sriracha mayonnaise
- 1 Crisp lettuce, shredded
- 2 Tomatoes, sliced
- 2 Slices of cheddar cheese, cut into squares

METHOD

- Preheat an oven to 200°C (Fan 180°C) Gas mark 6
- Arrange the vegetable chips onto a large baking tray, brush with oil, season and cook in a hot oven for 20 – 25 minutes until crisp.
- Mix steak mince, onion, garlic, chilli flakes, parsley, egg, salt and pepper in a large bowl. Divide the mixture into 8, roll into equal-sized balls, and flatten into mini burgers.
- Heat a grill to moderate and cook the patties for 2 – 3 minutes on both sides. Remove to a plate and keep warm.
- Toast the rolls and spread the base with sriracha mayonnaise.
- Top with salad leaves, tomato, mini burgers and cheese.
- Serve with root vegetable chips and remaining sriracha mayonnaise.



CARROT

CARROT MUG CAKES

 12.5 MINS |  SERVES 2

Preparation time: 10 minutes. Cooking time: 2.5 minutes.

INGREDIENTS

- 6 tbsp Self-raising flour
- 4 tbsp Brown sugar
- 1 tsp Ground cinnamon
- 1 tsp Ground mixed spice
- 1/2 tsp Bicarbonate of soda
- 70g Carrot, grated
- 2 tbsp Walnuts, finely chopped
- 2 Eggs
- 1 tbsp Milk
- 1 tbsp Vegetable oil

FOR CREAM CHEESE ICING

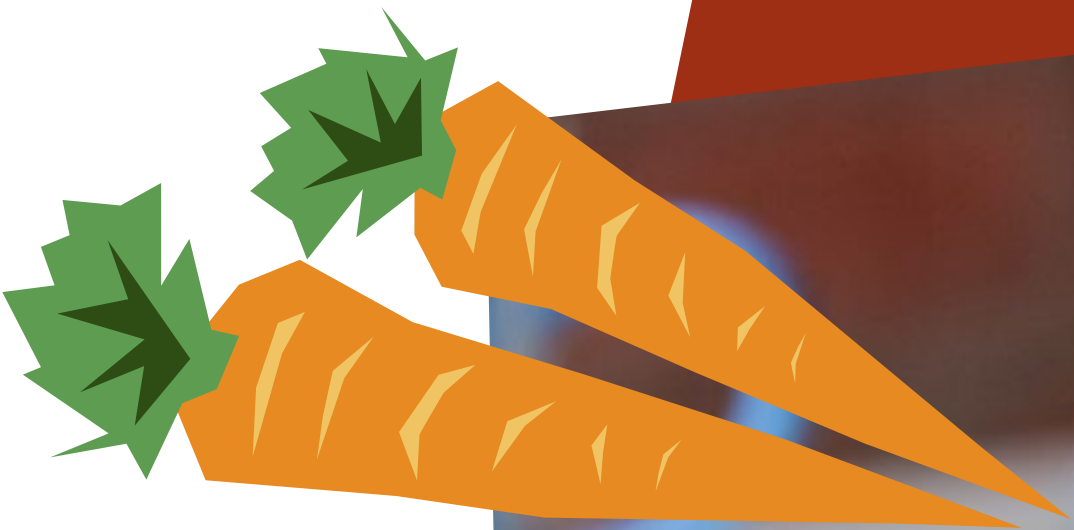
- 30g Cream cheese, at room temperature
- 50g Butter, at room temperature
- 2 tbsp Icing sugar mixture
- 1/2 tsp Vanilla extract

METHOD

- Lightly brush the inside of 2 large mugs with vegetable oil and line the base with baking paper.
- Combine flour, sugar, cinnamon, mixed spice and bicarbonate of soda in a bowl.
- Stir in grated carrot and walnuts.
- Make a well in the centre and add the egg, milk and oil, mix until well combined.
- Spoon the cake mixture into the prepared mugs.
- Microwave on High for 2 minutes 30 seconds or until risen and a skewer inserted comes out clean. Cool completely.

FOR CREAM CHEESE ICING

- Beat the cream cheese, butter, icing sugar and vanilla in a bowl until pale and creamy.
- Smooth icing onto the top of the mug cakes, sprinkle with walnuts and serve.





PAK CHOI

PAK CHOI, GARLIC POTATOES & MISO SALMON

 35 MINS |  SERVES 4

Preparation time: 10 minutes. Cooking time: 30 minutes.

INGREDIENTS

4x 120g Pieces of salmon, skin on

FOR THE MARINADE

2 tbsp Miso paste

2 tbsp Honey

2 tbsp Soy sauce

FOR THE GARLIC POTATOES

1.5kg Rooster potatoes, peeled & cubed

2 tbsp Rapeseed oil

2 Garlic cloves, crushed

Sea salt and freshly milled black pepper

TO SERVE

1 tsp Oil

4 Heads pak choi, cut in half

METHOD

- Preheat an oven to 200°C (180°C Fan) Gas mark 6.

FOR THE MARINADE

- Mix miso paste, honey and soy sauce in a large bowl. Add the salmon and coat well.
- Marinate for 10 – 15 minutes.

FOR THE GARLIC POTATOES

- Mix cubed potatoes, rapeseed oil, garlic, salt and pepper, and arrange onto a baking tray. Roast in a hot oven for 15 – 20 minutes until crisp.
- Transfer the salmon into a roasting dish, spoon the excess marinade over the fish and roast in a hot oven for 10 minutes. Alternatively, pan-fry for 5 minutes on each side.

FOR THE PAK CHOI

- Heat oil in a frying pan and stir fry the pak choi for 2 – 3 minutes.

TO SERVE

- Arrange pak choi, garlic potatoes and salmon onto warm plates. Drizzle cooking juices over the top of the salmon and serve.

LEEK CARROT CELERY ONION SCALLION

CHINESE CHICKEN AND VEGETABLE SOUP

🕒 30 MINS | 👤 SERVES 4

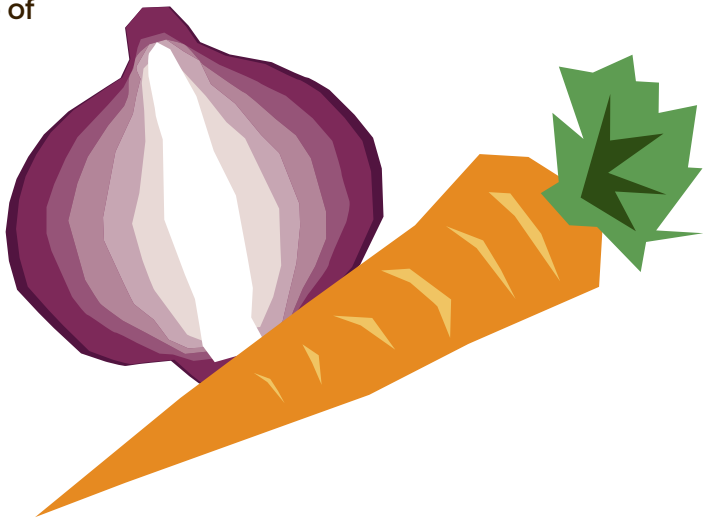
Preparation time: 10 minutes. Cooking time: 20 minutes.

INGREDIENTS

- 2L Chicken stock
- 1 Onion, peeled and roughly chopped
- 2 Celery stalks, roughly chopped
- 2cm Piece ginger, grated
- 3 Garlic cloves, roughly chopped
- 500g Chicken oyster thighs, cut in half, fat removed
- 200g Rooster potatoes, peeled and cubed
- 1 Leek, washed, trimmed and finely sliced
- 2 Carrots, peeled and cut into ribbons
- 2 tbsp Soy sauce
- 2 tsp Cornflour, dissolved in 1 tbsp of cold water
- 4 Scallions, thinly sliced

METHOD

- Pour chicken stock into a large saucepan, add onion, celery, ginger, and garlic, and bring to a boil.
- Add chicken thighs, cover the pan with a lid, reduce to the lowest setting and simmer for 10 minutes to gently poach.
- Use a slotted spoon to remove the chicken to a plate; then use two forks to shred finely.
- Meanwhile, add potatoes, leeks and carrots to the soup; cook for 5 – 7 minutes and then stir in soy sauce and cornflour mixture and continue to cook for a further 3 – 5 minutes.
- Remove from the heat and stir in shredded chicken and scallions.
- Ladle into warm bowls and serve.



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