

EASY ROASTED VEGGIES WITH QUINOA & PESTO

Ingredients

- 250g of quinoa
- 1 butternut squash
- 3 carrots
- 2 courgettes
- A handful of cherry tomatoes
- 4 tablespoons of pesto
- 4 tablespoons of olive oil
- 1 tablespoon of honey
- A sprinkling of mixed herbs

Method:

Pre-heat the oven to 200 °C Cook the quinoa in boiling salted water for 12 minutes until cooked through and fluffy. Peel and roughly chop the butternut squash and carrots, and the courgettes.

Place the carrots and squash in a baking tray and drizzle with olive oil, honey, mixed herbs, salt and pepper – make sure to stir them so that they're all coated. Roast the vegetables in the oven for 45-50 minutes until cooked through, adding the courgettes half way through. Once the veg are nearly cooked, chop the cherry tomatoes in half. Then mix together the pesto and olive oil. Mix the quinoa with the roasted vegetables and cherry tomatoes. Drizzle over the pesto dressing.

Tuna and Bean Salad

Small red onion

200g can tuna

400g can butter beans/red kidney beans, drained and rinsed

250g pack cherry tomato, halved

3 tbsp. Olive oil

Juice of ½ lemon

Method:

Halve the onion and slice it as thinly as possible. Tip into a salad bowl and flake in the tuna. Gently stir in the butterbeans and cherry tomatoes.

Whisk the olive oil, lemon juice and mustard together, then season. Drizzle the dressing over the salad and scatter the parsley over. Mix gently to combine and serve straight away.

Energy Balls

50g nut butter

50g dates

100g honey

100g desiccated coconut

25g seeds (sesame, pumpkin etc.)

25g cocoa powder

Extra cocoa powder/ coconut/seeds for decoration

Method: Melt the nut butter, dates and honey in a pan over a low heat. Blend until smooth. Take off the heat and stir in the coconut, cocoa powder and seeds. Chill in the fridge for around 15 minutes. Remove and roll into balls. Roll each ball in either cocoa powder, coconut or seeds and store balls in an airtight container in the fridge.

Brain Food

Hummus

Ingredients:

2 cloves of garlic

400g tin of chickpeas

juice of 1 lemon

2 tablespoons light tahini

1 teaspoons salt

Black pepper

½ tsp pinch of ground cumin

3 tablespoons water

Instructions

Peel the garlic

Drain & rinse the chickpeas add all the ingredients into a food blender until it reaches the desired consistency (longer if you want a smooth hummus, shorter if you want chunks to remain)

Serve with Carrot sticks, Celery, oat cakes... a smile ;)

Breakfast

Traditional porridge

Suitable for vegetarians

Ingredients - Serves 1 Adult

- 40g of porridge oats
- 240ml of semi-skimmed milk
- 1 teaspoon of honey

Method

1. Put everything in a saucepan and gradually bring to the boil
2. Once it has come to the boil turn it down and simmer for 5 to 10 minutes depending on how tender you like your oats. Stir it occasionally
3. If it gets too thick, just add an extra drop of semi-skimmed milk or water
4. If you want to microwave the porridge, just follow the instructions on the pack and add the honey at the end
5. Chop strawberries into your porridge or add a handful of frozen berries. Or add flax, or chai or sunflower seeds!

Smashed Avocado and boiled egg.

Ingredients

1 slice wholemeal bread

1 egg

½ an avocado

Black pepper

1 tbsp. Lime juice

Method:

Put the egg into cold water, bring to the boil.

Time the cooking of the egg once it begins to boil. (10 mins hard boiled, 5mins soft)

While boiling, toast the bread.

Prepare the avocado – slice in half remove stone, scope the flesh into a bowl.

Roughly mash the flesh with the back of a spoon, add lime juice and black pepper to taste.

To serve- Place avocado on toast, either slice the boiled egg or place in an egg cup. Enjoy.

Lunch

Vegetable and Lentil Soup

Ingredients:

1 tbsp. of butter

1 onion, chopped

1 leek, sliced

2 potatoes, chopped

2 carrots, chopped

1 parsnip, chopped

2 stalks of celery, chopped

500ml of vegetable stock

150g lentils

250ml milk

Method:

1. Place the butter in a large pot and place over a medium high heat. When butter is melted and foamy, add the onion, potato, and leek. Fry for 2 minutes,
2. Add the stock, carrots, parsnip, celery and lentils lower the heat and simmer for about 20 minutes or until the vegetables are tender when you insert a fork.