

Healthy

BREAKFASTS & LUNCHES

TOP 3



FEARLESS IN THE KITCHEN

BREAKFASTS

01

Smoothie Berry Bowl

02

Supercharged Granola

03

Ricotta Hotcakes

Smoothie Berry Bowl

- 1 banana (can be frozen)
- 2 teaspoons tahini
- 1 heaped tablespoon yoghurt
- 1 tablespoon oats
- 1/4 teaspoon vanilla extract
- 1 teaspoon ground flaxseed
- 150ml milk/plant based milk

1. Chop the banana, especially if it's frozen.

2. Put all ingredients into a blender and whizz until smooth. Decorate as desired with fruit, nuts, seeds



Supercharged protein granola

- 50g raw buckwheat groats
- 100g rolled oats (gf if desired)
- 30g desiccated coconut
- 1 tablespoon chia seeds
- 1 tablespoon flax seeds
- 1 tablespoon coconut sugar /brown sugar
- ¼ tsp sea salt
- ½ teaspoon ground cinnamon
- 40ml coconut, avocado, or olive oil
- 80ml maple syrup
- 30g sunflower seed butter (or peanut/almond butter)
- 60g dried fruit (cranberries/blueberries)

1. Preheat oven to 160C FAN. Mix together all ingredients except maple syrup and nut/seed butter.

2. Over medium-low heat, warm oil, maple syrup until melted. Add the seed/nut butter, stir to combine. Pour over dry ingredients and mix well to coat. Spread mixture evenly on baking sheet - bake 25-30 minutes.

Place cooled granola in airtight container.



Ricotta Hotcakes

- 1250g ricotta
- 80g self-raising flour
- 1 tablespoon caster sugar
- 2 Large Free Range Eggs
- 1 lemon, zested
- 1 teaspoon vanilla extract
- pinch salt
- 2 tablespoons butter for frying
- Greek Yogurt & Honey/maple syrup for serving

1. Makes about 10 hotcakes. Mix the flour, sugar, pinch of salt in one bowl. Separately, beat the eggs in another bowl with the vanilla, lemon zest and then add the ricotta with a wooden spoon. Add eggs and ricotta to the flour, beat by hand with the wooden spoon, until it's relatively smooth.

2. Heat a large frying pan over a medium heat with a little butter. Fry 3-4 hotcakes at a time, using a heaped wooden spoons worth of batter. Fry for 2 minutes on one side and 1 minute on the other. Place each hotcakes on a plate with a paper towel. Repeat with a bit more butter until you've cooked them all.



LUNCHES

01

Halloumi Corn Fritters

02

Cured Salmon & Fennel Salad
on Sourdough

03

Green Falafel & Red Pepper
Yogurt Dip

Halloumi Corn Fritters

- 180g halloumi, grated
- 2 cobs of corn, kernels only
- 1 zucchini, grated
- 1 small red chilli, finely grated
- 1 handful of coriander, leaves chopped
- 3 eggs
- 100g flour
- Salt and pepper
- 2 tomatoes, halved, sliced into wedges
- 1 avocado, sliced
- Baby spinach

1. Combine halloumi, corn, zucchini, chilli and coriander in a bowl.

2. Whisk the eggs, then add to the mixture and stir through.

3. Add flour, pinch of salt and pepper and then combine.

4. Heat a large pan to medium heat. Cook the fritters for 3-4 minutes each side (until browned and can easily be flipped). Serve topped with avocado and spinach and tomato.



Cured salmon & Fennel on Sourdough Toast

Cured Salmon

- 1 tablespoon sea salt flakes
- 50g brown sugar
- 1 tbs finely grated lemon zest
- 1 tsp ground cumin
- 2 x 150g salmon fillets

1. Combine salt, brown sugar, lemon zest and cumin in a bowl and rub over the salmon. Place on a tray, cover and chill for 30 mins or until slightly cured (up to 4 hours)

2. Preheat oven to 200°C fan forced.

3. Wipe the sugar mixture from the salmon, place on a new tray lined with non-stick baking paper. Roast for 10-12 minutes until just cooked. Set aside for 5 minutes to rest.



Cured salmon & Fennel on Sourdough Toast

Salad

- ½ fennel bulb, trimmed, thinly sliced
- Other leaves of your choice, to serve
- Few sprigs mint leaves, to serve

Dressing

- 1/2 teaspoon finely grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon fine sea salt, or to taste
- 3 to 4 tablespoons extra-virgin olive oil
- Freshly ground black pepper to taste

To Serve: sourdough toast, mayo and beetroot relish



Cured salmon & Fennel on Sourdough Toast

Dressing

1. Whisk all the ingredients together. You will have more than enough, so the rest will keep in the fridge.

Salad

1. Using an extremely sharp knife, or a mandolin, slice the fennel. You want it wafer thin. Put the fennel into a bowl and pour enough dressing so it is covered, mix thoroughly, so the fennel is coated.
2. Make sourdough toast, spread a little mayo, then pile the dressed fennel and few extra leaves, then flake the salmon on top. Beetroot relish is delicious with it.

Falafel & Red Pepper dip

FALAFEL

- 1 x 400g tin of chickpeas, drained
- 1 small onion, roughly chopped (optional)
- 2 cloves garlic, chopped & crushed
- Juice 1 lemon
- 3 – 5 tablespoons plain/gram flour (gf)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 20g of fresh coriander/parsley (or both), roughly chopped
- Pinch of salt
- Ground black pepper
- Extra virgin olive oil for frying



Falafel & Red Pepper dip

1. Put the chickpeas, garlic, lemon juice, flour, ground coriander & cumin, salt & pepper into the food processor. Blitz to a rough, firm paste, then add fresh herbs. Pulse until combined. Then using a dessertspoon, scoop up a good spoonful of the falafel mixture and shape into a golf ball size.
2. In a heavy-based frying pan, pour in 0.5cm depth of olive oil over the base and heat to medium-high heat. Carefully add the falafels into the oil and cook, turning occasionally until all sides are lightly crisp and golden. Once cooked remove the falafel and place on a piece of kitchen towel.

Red Pepper Dip

- 200g roasted red peppers in a jar
- 1 tsp garlic, minced
- teaspoon fresh thyme chopped
- ½ teaspoon smoked paprika
- 1 tsp balsamic vinegar
- 100g Yogurt
- Handful walnuts to decorate

1. Blitz the ingredients in a food processor until smooth.
2. serve with the falafels.

