

Feeding Minds

Baked butternut squash (serves 2)

- 3 tablespoons chopped parsley
- 2 oranges, zest and juice
- 2 cloves garlic crushed
- 1 Medium butternut squash
- 1 tablespoon olive oil
- Sea salt and course ground black pepper



Preheat oven to 200 C/400 F/Gas 6. Mix the parsley, orange zest and garlic in the orange juice.

Cut the squash into 2 cm slices and brush with the olive oil. Place the squash in an ovenproof dish and season. Spoon the orange mix over the squash and cover with foil.

Bake for 40-45 minutes until the squash is slightly soft.

Serve with crusty wholegrain bread rolls.

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Brain boosting smoothie (serves 2)

- 3 cups low fat milk or substitute
- 1 1/2 cups plain lowfat yogurt
- 1 banana
- 1 cup fresh/frozen blueberries
- 1/2 cup each of mixed fruits
- 2 tbsp flax oil or 1/2 cup flaxseeds
- 2 tbsp peanut butter (optional)
- 1 tbsp cinnamon



Blend and enjoy!

Other nutritious breakfasts:

- Muesli, yoghurt and apple or banana
- Scrambled eggs on wholewheat or rye toast
- Cottage cheese of wholewheat bagel

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Blueberry & cranberry smoothie (serves 2)

- 1 cup blueberries
- 1 cup cranberries
- $\frac{3}{4}$ carton of cranberry juice (or milk)
- 1-2 bananas
- Ice optional

Blend together and enjoy!



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Pasta with broccoli and red pesto (serves 4)

- 1 cup (firmly packed) basil leaves
- 2 garlic cloves, peeled
- 2 tablespoons tomato puree
- 1/2 cup water
- 8 ounces short penne or fusilli pasta
- 4 cups small broccoli florets
- 2 large red peppers, cut into thin strips
- 2 cups diced tomatoes
- 1 ounce grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



In a blender, combine basil, garlic, tomato puree, and 1/2 cup water and mix until pureed.

Put pasta in boiling water. After five minutes add broccoli and peppers, stirring frequently, until vegetables are crisp-tender and pasta is al dente, three to four minutes longer. Drain in a colander.

Stir tomatoes into tomato pesto. Add pasta, vegetables, parmesan and black pepper. Toss to coat.

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Pasta with chicken and mushrooms (serves 4)

- 4 skinless chicken breast fillets (cut into chunks)
- ¼ ounce shiitake mushrooms (dried)
- 8 ounces button mushrooms
- 4 cloves of garlic crushed
- 1 red onion
- 1 red pepper finely diced
- 1 teaspoon fresh or dried rosemary
- 1 tin tomatoes
- 1 cup water
- 1 tablespoon olive oil
- 10 ounces butterfly pasta
- ¼ cup grated parmesan cheese



Place shiitake mushrooms in boiling water and leave for 15- 20 minutes until mushrooms soften. Remove from water and cut into chunks. Strain remaining stock and put to one side.

Heat oil in large non-stick frying pan. On medium heat, add diced onion and garlic and cook until golden brown. Stir in Shiitake and button mushrooms. Cook for five minutes until tender, stirring continuously.

Add tomatoes, diced red pepper, rosemary and mushroom stock, and bring to the boil, before adding chicken. Simmer for 20 minutes.

Once above ingredients have been added, start heating large saucepan of water for pasta. Add pasta to boiling water and follow timing instructions.

Drain pasta and mix with sauce. Serve and sprinkle parmesan on top.

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Cottage cheese and egg bake (serves 3-4)

- 5 large eggs
- Small knob of butter
- 5 tbsp cottage cheese
- 1 tbsp fresh parsley chopped
- Sea salt and course ground black pepper



Preheat oven to 200C and lightly butter baking dish.

Mix the eggs, cheese, seasoning and herbs together.

Bake 12-15 minutes.

Serve with green beans or asparagus.

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Poached eggs on whole wheat bagel with rocket (serves 2)

- 2 whole wheat bagels
- 4 large free-range eggs
- 1 tsp any light vinegar
- 1 large sliced tomato
- 1 bunch rocket
- 2 tbsp olive oil
- 2 cloves garlic crushed
- coarse ground black pepper



Bring water and 1 tsp vinegar to a light boil in a shallow pan. Make sure there is enough water to cover eggs.

While water is coming to a boil, slice bagels in half and toast. Press garlic into oil and brush on cut side of toasted bagels.

Garnish bagel with rocket and sliced tomato.

To poach eggs, crack into water and cook for about 5 minutes - just until the white is set and the yolk has filmed over. Remove and drain. Place on top of bagel and vegetables. Season with salt and pepper to taste.

Serve open faced.

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Feeding Minds

Pasta with fennel and sardines (serves 2)

- stalks and fronds from 1 bulb fresh fennel
- sea salt
- 1/4 cup dried currants
- 2 tins sardines in olive oil
- 1 medium onion, finely diced
- 2 cloves garlic crushed
- 2 anchovy fillets, drained
- 2/3 cup chopped canned plum tomatoes
- course ground black pepper
- 3/4 pound perciatelli or bucatini pasta
- 1/4 pine nuts



Remove all fronds from the fennel. Slice the stalks into chunks. Measure and put aside 1/2 cup of the sliced stalks. Fill large saucepan and add remaining stalks. Add salt bring to the boil and heat for 10 minutes.

Place the currants in a small heatproof bowl. Pour in enough boiling water to cover. Let stand 15 minutes. Drain.

Heat 2 tablespoons of olive oil in frying pan over medium heat. Carefully slip each sardine fillet into the hot oil. Fry just until the underside is lightly browned, about 2 minutes. Remove from pan.

Return the pan to a low heat; add the onion and reserved sliced fennel stalks. Saute until wilted, about 5 minutes. Add the anchovy fillets and stir until dissolved, about 1 minute.

Add the crushed garlic, currants and tomatoes with their liquid. Heat to simmering, season to taste with salt and pepper and simmer, covered, 10 minutes. Remove from the heat and add the sardine fillets.

Remove the boiled sliced fennel from the pot of water. Bring water to the boil. Stir in the pasta and simmer, stirring frequently for about 10 minutes.

Spoon 1/4 cup of the pasta cooking water into the skillet of sauce. Drain the pasta. Pour in the sauce and heat over low heat until the pasta begins to absorb the sauce, about 1 minute. Serve immediately topped with pine nuts.

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Swiss Muesli (serves 2)

- 4 cups rolled oats
- 1 tsp cinnamon
- ½ cup raisins
- ½ cup sliced almonds
- ½ cup dried apricots chopped
- ½ cup sunflower seeds
- 4 chopped dates
- ¼ cup dried cranberries
- 1 banana



Mix all ingredients together. The above amount of ingredients will make about 2 servings. This can be kept so it's ready for future use.

For 2 servings bring 2 cups water to a boil. Add 1 ¼ cups breakfast mix. Turn heat to low and cook uncovered, stirring occasionally until water is absorbed, about 7 minutes. Cover, and set for about 2 minutes before serving. Serve with a touch of low fat milk or unsweetened soya milk.

Add chopped banana on top.

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Feeding Minds

Cinnamon and raisin porridge (serves 2)

- 2¼ cups water
- dash salt
- 1 cup regular rolled oats
- ½ tsp cinnamon
- ½ cup raisins
- ¼ cup chopped walnuts
- soya milk or skimmed milk
- honey



Combine the water and salt in a small saucepan and turn the heat to high.

When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, raisins, and walnuts, stir, cover the pan and turn off heat. Leave to set for 5 minutes.

Serve with milk and honey.

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Puy lentils with goat's cheese and roasted vegetables (serves 4)

- 2 cups Puy lentils
- 1/4 teaspoon course ground black pepper
- 1 red pepper
- 1 large carrot, diced
- 6 vine tomatoes
- 1 large red onion chopped into large sections
- 1 aubergine
- 1 courgette
- 3 cloves garlic crushed
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 4 cups spinach leaves
- 1/2 cup walnuts
- 1/2 cup crumbled mild goat cheese (2 ounces)



Cut aubergine, onion, courgette, tomatoes, carrot, pepper into chunks. Mix together in baking tray with walnuts.

Crush garlic and mix with olive oil. Drizzle olive oil over vegetables and mix with hands to ensure coverage. Cover with foil and roast for 20 minutes, remove foil and roast for a further ten to fifteen minutes.

Bring a large saucepan of water to the boil. Add lentils and simmer for 25-30 minutes.

Drain lentils and lightly sprinkle with balsamic vinegar. Mix. Add vegetables to lentils and serve on a bed of spinach. Sprinkle goat's cheese and black pepper on top.

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Feeding Minds

Wild mushroom risotto (serves 4)

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 garlic clove, finely diced
- 500g portobello mushrooms (Shiitake or wild mushrooms can also be used)
- 1 sprig of rosemary, finely chopped
- 275g risotto rice
- 75 ml dry white wine or stock
- 1 tablespoon finely chopped parsley
- 75 ml grated Parmesan cheese
- 100g butter or vegan margarine
- sea salt and course ground black pepper to taste



Heat the olive oil in a large saucepan over medium-high heat. Sauté the onion until translucent. Add garlic, mushrooms and rosemary. Stir to mix well.

Add the rice and stir to mix. Sauté briefly (a minute or two) until the rice shiny and appears translucent. Add the wine (or 1/3 cup/75 ml stock) and stir until completely absorbed.

Add the stock gradually in half-cup (125 ml) increments. Stir regularly until the broth is nearly absorbed (you can hear a faint sizzling noise) before adding more. When done the rice should be tender with just a hint of firmness in the center. If broth runs out and the rice is still not done, add additional water or vegetable stock in half-cup (125 ml) measures until the rice is done.

Add parsley, butter (or margarine) and parmesan (if desired) and stir to mix. Season with salt and pepper to taste and serve immediately with watercress or spinach.

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Feeding Minds

Grilled Salmon with fresh tomato sauce and new potatoes (serves 2)

- 2 salmon fillets
- 2 tbsp olive oil
- 2 lemons juiced
- 2 small onions, chopped
- 2 large tomatoes, skinned and chopped
- balsamic vinegar, to taste
- 200g mixed salad
- 8 – 10 new potatoes
- handful of fresh basil



Start boiling potatoes. Preheat grill to medium heat.

Score the skin of the salmon; rub on both sides, using half the oil. Place salmon carefully into grill and cook for 2-3 minutes. Rotate fish and cook for a further 2-3 minutes. Whilst cooking, preheat a second saucepan / frying pan.

Turn the fish onto other side and repeat as step 3.

Heat the remaining oil in second pan, add the onion and cook until softens. Add the tomato and saute for further 2-3 minutes.

Add a dash of balsamic vinegar. Season with salt and pepper to taste. Mix teaspoon of low fat margarine with fresh basil and combine with potatoes.

Serve the salmon on the bed of tomato sauce and accompany with crispy, mixed salad and new potatoes.

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Feeding Minds

Smoked salmon with yogurt and dill (serves 2)

- 150g smoked salmon
- 250g angel hair pasta
- 1 medium onion
- 50g low fat greek style yogurt
- handful of chopped dill
- squeeze of lemon juice
- 200g baby spinach or salad leaves



Using small amount of olive oil brown onion in frying pan.

Add salmon and cook for 3-4 minutes or until light pink, place to one side.

Cook pasta following instruction on packet.

When the pasta is almost ready, in a bowl mix the yogurt, salmon and onions, a handful of chopped dill, squeeze of lemon juice and salt and pepper to taste.

Drain the pasta, return to the saucepan and mix in the sauce, then serve on a bed of raw baby spinach or salad leaves.

Garnish with freshly chopped dill.

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Feeding Minds

Grilled salmon with asparagus tips (serves 4)

- 4 salmon steaks
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp soy sauce
- half tsp mustard
- half tsp ginger
- 1 lb. asparagus
- 1 tbsp. fresh basil (optional)
- approximately 16 new potatoes



Mix olive oil, lemon juice, soy sauce, mustard and ginger together in a shallow dish. Place steaks in dish and marinate for a half an hour to an hour if possible.

Boil new potatoes for 10-15 minutes.

Steam asparagus for 5 – 8 minutes.

Grill salmon for 5 minutes on each side, adding more marinade as you go.

Strain vegetables, cover potatoes with a small amount of butter and sprinkle with fresh basil.

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Feeding Minds

Stir-fried chicken with cashew nuts (serves 4)

- 4 chicken breasts cut into strips
- 1 green pepper
- 1 red pepper
- 1 red onion finely sliced
- 4 oz shredded pak choi
- 1/2 cup bean sprouts
- 2 tablespoons vegetable oil
- 2 tablespoons oyster Sauce
- 2-3 tablespoons soy sauce
- 5 tablespoons water
- 75 gram tablespoons toasted cashew nuts, toasted
- 1 tablespoon toasted sesame seeds



Heat oil in non-stick saucepan. Brown chicken strips over high heat until tender.

Add pak choi, green & red peppers, red onion, and bean sprouts, stir-fry over a high heat for 3 - 4 minutes.

Mix oyster sauce, hoisin sauce and soy sauce with water and add to saucepan. Stir-fry for 1-minute.

Add cashew nuts & sesame seeds and toss together. Serve over brown rice and vegetables.

Try substituting chicken with either tofu or turkey.

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Feeding Minds

Tofu thai stirfry (serves 6)

- 1 packet of solid tofu
- 2 tbsp unsweetened peanut butter
- 3/4 cup light soy sauce
- 1 tsp spicy Chinese mustard
- 1 tbsp sesame seeds
- 3/4 cup water
- sesame oil
- 1 chopped red bell pepper
- 1 chopped yellow bell pepper
- 1 sliced carrot
- 2 stalks celery (sliced)
- 1 chopped medium onion
- 2 1/2 cups large chopped fresh green beans
- 1 cup large sliced mushrooms
- 1/2 sliced head broccoli



Mix peanut butter, 4 tablespoons soy sauce, mustard and sesame seeds. Cut tofu into chunks. Coat with mixture. Cover and refrigerate for 2 hours or longer to increase flavour.

In a frying pan or wok, bring water and remaining soy sauce to the boil. Add vegetables. Begin with firmest. When vegetables are still slightly firm, remove from heat and drain.

Sprinkle a few drops of sesame oil over veggies for a tasty, nutty flavor. Set aside. In the same pan, add a few drops of sesame oil. Toss tofu chunks with oil until heated through.

Remove from heat. Serve veggies over brown rice topped with spicy tofu chunks.

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Feeding Minds

Tortilla topped with spinach and cheese (serves 2-3)

- 2 large flour tortillas
- 2 tbsp low-fat sour cream
- 300g frozen chopped spinach
- 1 large tomato, chopped
- 60g reduced-fat grated Cheddar cheese
- 30g spring onions, thinly sliced



Preheat the oven to 230C gas mark 8. Place the tortillas on a baking tray. Cook for 3 minutes, or until golden brown. Remove from the oven and reduce the temperature to 180C/gas mark 4.

Spread the sour cream evenly over the tortillas. Top with the spinach and tomato. Next, sprinkle evenly with the cheese. Bake for 5 minutes more, or until the cheese is melted.

Sprinkle with the spring onions. Cut tortillas into slices and serve immediately.

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Feeding Minds

Grilled trout with parsley (serves 2)

- 2 trout
- 2 tablespoons fresh parsley, minced
- 2 tablespoons olive oil
- 2 tablespoons fresh basil, minced
- 1 tablespoons fresh rosemary, minced
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



Mix together parsley, olive oil, basil, rosemary, and garlic. Spread evenly on the inside of the fish.

Cover and refrigerate for 2 hours.

Preheat grill. Sprinkle fish with salt and pepper and grill for 4-5 minutes on each side over a medium heat.

Serve with a medley of lightly steamed vegetables such as cabbage, broccoli, carrots, greens beans or red and green peppers (vegetables can be replaced by fresh crisp salad) and brown rice.

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Feeding Minds

Trout with fennel and orange (serves 4)

- 4 whole rainbow trout
- 1 tbsp fennel seeds
- 1/2 cup chopped parsley
- 3 tbsps orange juice
- 3 tbsps tomato paste
- 2 cloves garlic, crushed
- 2 tsps grated orange zest
- 2 tablespoons dry white wine (optional)
- 1/4 teaspoon pepper



Preheat the grill to medium heat.

Place fennel seeds in a frying pan and toast over medium heat for 1-2 minutes, shaking the pan, until golden. Crush or blend seeds to a powder. Place the ground fennel in a bowl and stir in parsley, orange juice, tomato paste, garlic, and orange zest.

Slice trout on the underside. Rub the paste inside each trout. Make 4 diagonal cuts on each side of the trout. Sprinkle with the wine (if using), then the pepper. Grill the trout, covered, turning once, for 12 minutes or until the trout is cooked through.

Serve with wild or brown rice and green salad.

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Feeding Minds

Tuna and spinach with long grain rice (serves 4)

- 12 ounces long grain or brown rice
- 1 tbsp extra-virgin olive oil
- 1 red onion, chopped
- 1-1/4 pounds tomatoes chopped
- 1 pound baby spinach
- 1 tuna steak, grilled
- 3 tablespoons grated parmesan cheese
- 1/4 cup chopped toasted walnuts
- 1/4 teaspoon pepper



Cook rice in a large pot of boiling water and drain.

In a frying pan, heat oil over medium heat. Add onion and cook, stirring, until softened, about 5 minutes.

Add tomatoes, cook for about 5 minutes.

Increase heat to high, add spinach, and stir until spinach slightly wilts, 2 to 3 minutes. Add drained rice, tuna, parmesan, walnuts, rocket (optional), salt, and pepper and toss gently to combine.

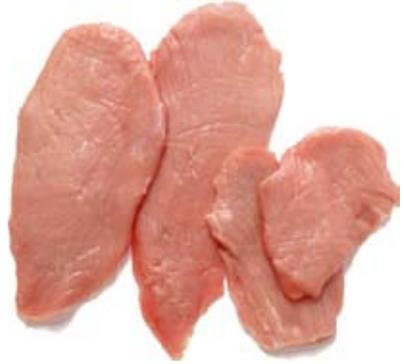
For variety, rice can be substituted by wholewheat pasta.

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Feeding Minds

Turkey and cabbage casserole (serves 2)

- 2 turkey fillets
- ½ cabbage, shredded
- 1 red onion, chopped
- 1 cup (uncooked) brown rice
- 2 cups tomato sauce
- 2 cloves garlic crushed
- 1/2 teaspoon ground oregano



Preheat oven to 350° F.

Place shredded cabbage in casserole dish.

Cook turkey until browned. Add onions, stirring occasionally, for three minutes.

Add uncooked rice to turkey and onions and stir. Pour turkey and rice over cabbage in casserole dish. Combine tomato sauce, garlic and oregano and pour over mixture in casserole dish.

Cover and bake for one hour.

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Feeding Minds

Turkey and red onion hot wraps (serves 4)

- ¾ lb sliced turkey breast cut into strips
- large red onion sliced
- 2 tablespoons and 2 tsps fresh lime juice
- 3 1/2 tsps cumin
- ¼ tsp black course black pepper
- 475 mls cherry tomatoes
- 1 mango diced
- half green pepper diced
- 1 tablespoon olive oil
- four flour tortillas
- half avocado diced
- sour cream



Combine turkey, onion, 1 tbsp. lime juice, 2 tsps cumin, black pepper and mix together. Leave in baking tray and let stand for 20 minutes.

Preheat oven to 190 Celsius or gas mark 5.

Mix together cherry tomatoes, mango, green pepper, and remaining lime juice, 1 1/2 tsps cumin. Cover and leave to stand.

Add 1 tbsp. water to olive oil. Drizzle over turkey mix, cover with foil and cook in oven for approximately 20 minutes. Stir several times. Turkey should be cooked through and the onion slightly crisp. During cooking time, wrap tortillas in foil and heat for 10 minutes.

Gently introduce avocado into vegetable and fruit mix. Place tortillas onto plates, first spoon on avocado mix, top with turkey and onion and roll up. Remaining salsa can be spooned over the top. Sour cream on the side is optional.

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Feeding Minds

Tuscan white bean and tuna salad (serves 2-3)

- 2 cans cannellini beans, rinsed and drained
- 15ml olive oil
- 15ml fresh lemon juice
- 70g olives, chopped
- 90g chopped red onion
- 25g chopped fresh basil
- 2g oregano
- 2g freshly ground black pepper
- 1 can tuna in water
- Salt and pepper, to taste



Combine the beans, oil, and lemon juice in a large bowl and stir together.

Add remaining ingredients and mix well.

Chill before serving.

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Feeding Minds

Vegetarian chile (serves 4)

- 1 can red kidney beans rinsed
- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 2 cloves garlic, crushed
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 courgette chopped (optional)
- 1-1/2 teaspoons chili powder
- 3/4 teaspoon cinnamon
- 3/4 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 2 cans (8 ounces each) no-salt-added tomato sauce
- 10 ounces chopped spinach
- 1 package (10 ounces) frozen corn kernels
- 2 cups brown rice



Heat oil over medium-low heat. Add onion and garlic and cook until onion is tender. Add peppers and courgette.

Stir in chili powder, cinnamon, coriander, and cumin until coated. Add tomato sauce and 1 cup of water and bring to a boil. Reduce to a simmer, cover, and cook 20 minutes.

Stir in spinach and beans. Return to the boil, reduce and simmer for 20 minutes.

Add corn and cook for 5 minutes to heat through. Serve with brown rice.

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Feeding Minds

Vegetable risotto (serves 4)

- 2 tsps olive oil
- 1-1/4 cups brown rice
- 1 garlic clove, minced
- 1-1/2 cups carrot juice
- 1/4 cup chopped parsley
- 1/4 teaspoon pepper
- 1 cup chopped carrots
- 1/2 cup spring onions chopped
- 1 cup canned chick-peas
- 1-1/2 cups green beans, cut into 1-inch sections
- 3/4 cup grated parmesan cheese



Heat oil over medium-high heat. Add rice and garlic, and cook for about one minute.

Add carrot juice, parsley, pepper, and 1 cup water and bring to a boil. Reduce heat and simmer for 25 minutes.

Stir in carrots, green beans, chick-peas and spring onions, and cook until rice is tender and liquid is absorbed, about 20 minutes.

Stir in parmesan and serve hot on a bed of fresh, uncooked spinach.

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Feeding Minds

Clean and green chicken salad

1 small bunch coriander
5 slices of garlic
1 head of garlic, split in half horizontally
2 hot dried chillies
1 onion, roughly chopped
1 teaspoon salt
1.5kg free range chicken

2 baby gem lettuces, leaves separated
2 handfuls baby spinach leaves
2 handfuls rocket leaves

85g cooked fresh or frozen peas, blanched for 2 minutes, then refreshed in cold water
125g cooked broccoli florets, blanched for 3 minutes, then refreshed in cold water
85g cooked sugarsnap peas, blanched for 1 minutes, then refreshed in cold water
125g cooked asparagus tip blanched for 2 minutes, then refreshed in cold water
1 bunch spring onions, tops removed and thinly sliced

Place the coriander, ginger, garlic, chillies, onion and chicken in a pan just large enough to hug the chicken. Top up with cold water to cover the chicken, add salt and cover with a lid. Bring to the boil, then reduce the heat until the water is just moving on the surface, simmering gently for 30 minutes then turn off the heat and allow the chicken to cool in its poaching liquor.

Remove the chicken and take off the meat discarding the skin. Either cut the meat into chunks or finely shred. Coat the meat lightly in the dressing of your choice. Set aside. Retain the stock as it makes the base for an excellent Chinese type soup.

Arrange the gem lettuce, spinach and watercress over the base of a large platter.

Toss the blanched vegetables in enough dressing to coat and arrange over the salad leaves. Scatter the chicken over the vegetables.



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Feeding Minds

Grilled tuna nicoise

3 tablespoons Balsamic vinegar
135ml (3 1/2 fl oz) extra-virgin olive oil
2 tablespoons chopped parsley
2 tablespoons snipped chives
2 garlic cloves, finely chopped
half teaspoon salt
half teaspoon ground black pepper
4 tuna steaks, 2.5 cm (1 inch) thick
2 little Gem lettuce hearts
16 black olives in oil, halved
3 plum tomatoes, quartered
115g extra fine French beans, topped
1 red onion, finely sliced
6 anchovy fillets, rough chopped
8 cooked new potatoes, halved
3 hard-boiled eggs, shelled and quartered
8 ripped basil leaves, ripped



Make a marinade for the tuna by whisking together the vinegar, olive oil, parsley, chives, garlic, salt and pepper. Pour half of this over the tuna in a non-reactive bowl and chill for 2 hours.

Heat a ridged griddle pan on the hob for 5 minutes. Drain the tuna. Cook the tuna steaks for between 1-3 minutes each side depending on how rare you like your fish.

Toss together the lettuce, olives, tomatoes, beans (cooked for 4 minutes and refreshed in cold water), onion, anchovy and potatoes and add the remaining marinade. Toss to combine.

Arrange the salad on a platter, place the tuna on top and garnish with hard boiled eggs and ripped basil.

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Raspberry Polenta Cake with Lemon Syrup

Created for the TV show – Coxon's Kitchen College

To make the Cake

175g butter
175g castor sugar
125g ground almonds
½ tsp vanilla extract
2 large fresh free range eggs
finely grated rind and juice of 1 lemon
75g instant polenta flour
½ tsp baking powder
250g raspberries



- Pre-heat the oven to 180°C / Gas Mark 4
- Grease or line a 15cm (6inch) tin with baking parchment (bake-o-glide)
- Beat together the butter and sugar until light and fluffy
- Add the ground and flaked almonds, vanilla extract and eggs and mix well
- Add the lemon rind and juice, polenta flour and baking powder and mix well
- Finally fold in the raspberries
- Spoon into the prepared tin and bake in the pre-heated oven.

To make the Syrup

Grated rind and juice of two lemons
50g castor sugar
2 tbsp water

- Pour the lemon juice, castor sugar, and water into a saucepan and heat through. Stir until the sugar has dissolved
- Simmer gently to form syrup
- When the cake is ready, remove from the oven and cool slightly before pouring some syrup over the cake
- To serve, slice the cake and drizzle a little syrup on to the plate
- Add a dollop of crème fraiche, dust with a little icing and scatter a few fresh raspberries.

This is an Alan Coxon recipe. Copyright 2005.

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Wensleydale Cider Cake

Created for the Gloria Hunniford Show

To make the Cake

120g (4oz) Wensleydale cheese (grated)
125g (4oz) butter or margarine
125g (4oz) sugar
2 Beaten eggs
225g (8oz) self-raising flour (sifted)
1 tsp bicarbonate of soda
½ tsp grated nutmeg or powdered cinnamon
200ml (7fl.oz) cider
caster sugar for sprinkling

- Cream together the butter and sugar until fluffy and beat in the eggs.
- Fold in half the flour, the bicarbonate soda, and the nutmeg or cinnamon.
- Pour the cider into the mixture and mix well.
- Stir in the remaining flour.
- Pour half the mix into a lightly greased tin approx 8 x 5 inches (20 x 13cm) and tap gently for an even distribution.
- Sprinkle the grated cheese into the centre of the cake evenly.
- Pour over the remaining cake mix and tap gently again.
- Place into a pre-heated oven at 180°C/350°F/Gas Mark 4 for approx 35-40mins.
- When ready leave for 5mins, then carefully turn out on to a cooling wire.

Alan can be heard every Saturday morning on BBC Radio Hereford and Worcester 7.50 am -8.50 am.





Coconut and Cardamom Cake

To make the Cake

225g butter
225g sugar
3 eggs
225ml milk at room temperature
Grated zest of one lime
200g desiccated coconut
225g plain flour
A pinch of salt
5g ground cardamom



- Cream the sugar, butter and lime zest together, until the colour changes from dark yellow to pale yellow; this should take approximately 10 to 15 minutes
- Now add the eggs one by one, followed by the milk
- Sieve the flour, coconut, salt and cardamom together and add to the above
- Mix well, then fold in the coconut
- Butter a tart mould, pour in the mixture and bake for 45 to 60 minutes at 175°C.

Sanjay normally serves this with his own grated brown coconut ice cream but you can serve it with anything you like!



Coconut and Strawberry Cake

To make the Cake

175g (6 oz) self-raising flour
Pinch of salt
115g (4 oz) unsalted butter, softened
250g (9 oz) caster sugar
3 eggs, separated
160 ml (5 5/8 fl oz) milk
85g (3 oz) desiccated coconut
Pinch of cream of tartar

To fill

150 ml whipping cream, lightly whipped
1 tsp vanilla extract
150g (5 oz) strawberries, halved
Icing sugar



- Pre-heat the oven to 180°C/350°F/Gas Mark 4. Grease and flour two 20cm (8") sandwich tins
- Sift the flour with the salt. Beat the butter for a few minutes until very soft then add 150g (5 oz) of the sugar
- Cream together until very light and fluffy. Beat in the egg yolks one at a time.
- Next beat in about a third of the flour followed by half the milk, repeat and then finish with the last of the flour
- Fold in the coconut
- Whisk the egg whites and cream of tartar until they form soft peaks
- Sprinkle over the remaining sugar and whisk again until the mixture is thick and glossy
- Fold into the cake batter
- Divide the batter between the two prepared tins and bake for around 30-35 minutes until just firm to the touch.
- Test by plunging a skewer into the center, if it comes out clean then the cakes are done

Continues...



Coconut and Strawberry Cake

continued...



To fill

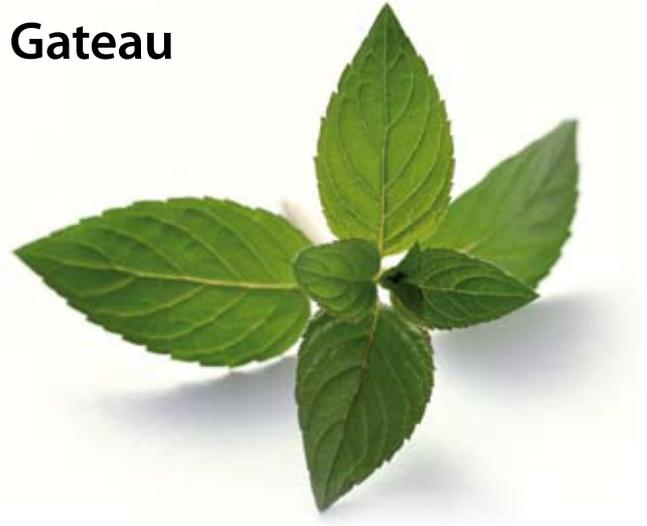
- Whip the cream lightly with a tablespoon of icing sugar and the vanilla extract until it just holds its shape
- Hull and halve or quarter the strawberries depending on size. When the cakes are quite cool, spread the upper side of one thickly with cream, then cover with strawberries.
- Settle the second cake comfortably on top. Dust with a little icing sugar and keep the whole lot cool until tea-time.



Cheat's Ten-minute Strawberry Gateau

To make the Gateau

1x250g (9oz) sponge flan case
600ml (1 pint) double cream
25g (1oz) caster sugar
2 tbsp (approx) brandy
1 ½ x 250g (9oz) punnets strawberries
55g (2oz) icing sugar
Few sprigs fresh mint
Spun-sugar topping
175g (6oz) caster sugar



- Cut out the centre of the flan, using a 20-25 cm (8-10in) stainless steel ring (or the ring of a springform cake tin, without the base). With a sharp knife, carefully cut this sponge disc in half through the middle so you end up with two thin discs. Place the ring on a surface or tray, and put one of the discs inside it.
- Whip the double cream with the sugar and brandy until thick. Keep it in the fridge.
- Hull the strawberries. Leave some whole for a garnish (about ten of the small ones), and cut the rest in half lengthways. Line the ring with the largest strawberry halves, cut side against the ring. You won't need all of them at this stage.
- Spoon the chilled, whipped cream into the ring and gently press to the edges, keeping the strawberries in place against the sides. Arrange the rest of the halved strawberries over the top. Add the other sponge disc, and press it down. Dust generously with icing sugar. Lift the cake onto a plate. Remove the ring by carefully warming the edges with a hot cloth and lifting it straight off.
- Place the sugar for the spun sugar into a very clean pan and heat. Once caramelised – golden brown and sizzling – remove from the heat to cool slightly.
- While this is cooling, take a metal skewer and hold it in a gas flame until it is red hot. Use it to score the top of the gateau in lines to create a diamond pattern. Decorate the top with the leftover strawberries and berries, and garnish with sprigs of fresh mint.
- To finish, dip a small spoon into the caramelised sugar and twist it around a steel to create some sugar curls. Continue doing this until you have a candyfloss texture. Place this on top of the berries and serve.



Chocolate Brownies

Serves: 8-12 depending on greed

To make the Brownies

115g plain flour
5 tbsp cocoa powder
280g caster sugar
2 eggs, beaten
115g melted butter
1 tsp of vanilla essence
Extra thick single cream



- Pre-heat oven to 170°C
- You will need a greased 8 inch springform cake tin with loose base
- Sieve the flour and cocoa powder together in a large bowl
- Add the sugar and mix in the eggs
- Add the melted butter and vanilla essence
- Mix thoroughly before pouring into the cake tins
- Bake in the oven for 25-30 minutes
- Serve with a little warmed cream.



Whiskey Tea Time Cake

1 small loaf

A lot of fruit cakes are either dry or crumbly or both, not this recipe. It's best to soak the fruit in the whiskey and lemon juice overnight, it makes a real difference to the end cake's texture. All cake recipes need Stork margarine, butter I think is not as good to the end texture and flavour. I have cooked this both ways, Stork margarine does come out on top. This cake also has no eggs, it's not often you see that in a recipe.

I like to serve mine sliced, with a nice layer of salted butter – perfect.

Preparation time: 20 minutes

Cooking time: 45-50 minutes

To make the Cake

350g plain flour
1 tsp mixed spice
175g Stork margarine
170ml milk
85ml whiskey
1 tbsp lemon juice
175g dark brown raw cane sugar
175g currants
85g sultanas
1 ½ level tsp bicarbonate of soda

- Soak the fruit in the whiskey and lemon juice, leave for 2 hours or best overnight
- Pre-heat the oven to 180°C / Gas Mark 4
- Rub the Stork margarine into flour along with the spice
- Mix the sugar, currants, whiskey, sultanas and lemon juice together
- Add the dry ingredients. Do not overwork as the cake will end up chewy to eat as you will overwork the gluten. You must end up with a 'dropping consistency' texture
- Bake in the oven in a lined tin for 40 minutes, or until firm to the touch
- Turn out and cool
- Slice and spread thickly with salted butter.



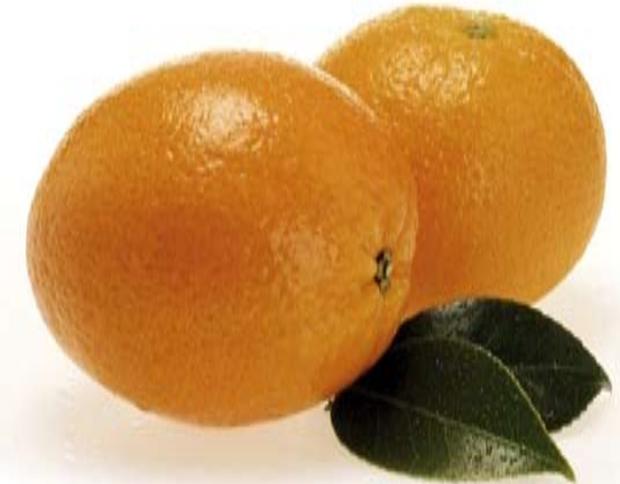


Orange and Almond Cake

Serves: 8-10

To make the Cake

4 large naval oranges
200g/7oz caster sugar
200g/7oz ground almonds
1 tsp of baking powder
6 whole eggs
Juice of half a lemon



- Pre-heat the oven to 190°C / Gas Mark 5. Grease and line a 20cm / 8inch springform cake tin
- Put the oranges in a pan and cover with cold water. Bring to the boil, turn down the heat and simmer for 2 hours.
Check the water to ensure they do not boil dry. After 2 hours, remove from the heat and leave to cool
- Remove the oranges from the water, cut two into chunks and remove any pips. Thinly slice the remaining oranges and lay one on the bottom of your cake tin
- Place the oranges into a food processor with all of the remaining ingredients and blitz until mixed
- Spoon the mixture into the cake tin. Top with the remaining sliced oranges and bake for 45 minutes. (Keep an eye on this – you may need to reduce the temperature depending on your oven.) The cake will be soft and moist; the usual 'dry knife' test does not work with this cake
- Let the cake cool slightly before removing from the cake tin, cool on a cooling rack