

SMOOTHIE BOWLS

- Tropical Smoothie Bowl -

1-2 | Makes 1 big or 2 small bowls | 5 minutes

Ingredients

- 75g ripe mango
- 75g ripe pineapple
- 1 banana
- 50g coconut yoghurt

Method

- 1 Weigh out all of the ingredients and add them to the hand chopper.
- 2 Blend until smooth.
- 3 Place into a bowl and scatter over the toppings.

Toppings

- Fresh Coconut Flakes
- Chia Seeds
- Papaya
- Frozen Blueberries



- Blueberry, Raspberry, Yoghurt & Oat -

1-2 | Makes 1 big or 2 small bowls | 5 minutes

Ingredients

- 50g Frozen blueberries
- 50g Frozen raspberries
- 1 banana
- 1 tbsp honey
- 100g Natural yoghurt
- 50g Oats

Method

- 1 Weigh out the frozen berries and put them in the chopper. Blend for 5 seconds.
- 2 Then add in the rest of the ingredients and blend until smooth, this won't be perfectly smooth because of the oats.
- 3 Place in to a bowl and scatter with the toppings.

Toppings

- Chia Seeds
- Mixed Seeds
- Fresh Raspberries



AVOCADO CHOCOLATE MOUSSE



2-4 servings | 2 big or 4 small

5 minutes

Ingredients

- 2 ripe avocados
- 2 tbsp cocoa powder
- 2 tbsp honey
- 1/2 tsp vanilla extract
- zest of half an orange (optional)
- 2 tbsp almond milk or any other milk

Toppings

- fresh raspberries and chocolate shavings

Method

- 1 Peel and de stone the avocados. Add them to the chopper and blend until smooth.
- 2 Add the cocoa powder along with the honey, vanilla and milk (and orange zest if using) and blend again until everything is well mixed. Add more honey or cocoa powder to taste.
- 3 Divide between 2 to 4 small glasses and top with chocolate shavings and fresh raspberries.



BAKED NACHOS

With Fresh Tomato Salsa And Guacamole



2-4

2 big or 4 small servings



15 minutes



NACHOS

- 200g bag tortilla chips (double amount for bigger groups)
- 75g grated cheddar
- 30g jarred sliced Jalapeños

GUACAMOLE

- 2 ripe avocados
- 1/2 a green chilli
- 1 clove of garlic
- 2 spring onions
- 10g coriander
- juice of half a lemon
- salt and pepper

SALSA

- 250g baby plum tomatoes
- 1 clove of garlic
- 1/2 a red chilli
- 1/4 of a red onion
- 15g coriander
- juice of half a lime

Ingredients

Method

1 Preheat the oven to 200c. Layer up the tortilla chips in a tray with the grated cheddar and jalapeños. Bake in the oven for 10 minutes Meanwhile make your guacamole and salsa.

GUACAMOLE

2 Peel the garlic, trim and cut the spring onions into 4, halve the chilli and peel and de-stone the avocados. Add the garlic chilli and spring onions to the chopper and blend for 5 seconds. Then add in the avocado, coriander and lemon juice. Check for seasoning and put into a bowl covered with cling film, this will stop it turning dark.

SALSA

3 Peel the garlic, onion and halve the chilli. Add them all to the chopper and blend for 3 seconds. Add in the whole baby plum tomatoes lime juice and coriander and blend for a further 5 seconds. Season to taste and put into a bowl.

4 When the cheese has melted on the nachos carefully remove them from the oven and top with spoonfuls.

TRIO OF DIPS

- Carrot dip -

Ingredients

- 4 tbsp olive oil
- 450g carrots
- 2 cloves of garlic
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp harrisa
- juice of half a lemon
- 25g roasted almonds + extra for garnish
- 10g coriander + extra for garnish
- salt pepper

Method

- 1 Pre heat the oven to 200c. Peel the carrots and cut



into 1 inch pieces then put them on a baking tray along with 2 tbsp of olive oil, cumin and coriander seeds, salt and pepper and roast in the oven for 30 minutes or until cooked through, they should be nicely caramelised.

2 Allow to cool and then add them to the chopper along with the rest of the ingredients. Blend until smooth and serve in a bowl garnished with chopped almonds and fresh coriander.

- Green Pea Dip -

Ingredients

- 350g peas
- small handful of mint + extra for garnish
- 1/2 a small green chilli + extra for garnish
- 1 small clove of garlic
- 1tbsp creme fraiche
- salt pepper

Method

- 1 Bring a pan of salted water to the boil. Once boiling add the Peas and cook for about 2 to 3

minutes. Drain the peas and cool then down under cold running water and drain well.

2 Add the peas, chilli, garlic, creme fraiche and season well. Blend until you have a good consistency. Then add in the mint and blend again for 5 more seconds until the mint is chopped through. Serve in a bowl with fresh chopped mint and green chilli to garnish.

- Beetroot Dip -

Ingredients

- 400g beetroot
- 1 Tsp fennel seeds
- 2 garlic cloves
- olive oil
- 2 tbsp creme fraiche + extra for garnish
- salt pepper
- dill to garnish

Method

- 1 Preheat the oven to 200c. Peel and cut the beetroot into quarters.
- 2 Lay a sheet of baking parchment on top of a sheet of foil. Place the beetroot, fennel seeds and garlic to the baking parchment. Drizzle with olive oil and season salt and pepper.
- 3 Wrap into a parcel and cook in the oven for 30 minutes or until cooked through, remove from the oven and allow to cool.
- 4 Add everything from the parcel into the hand chopper, add in the creme fraiche, salt and pepper and blend until smooth. Serve in a bowl topped with creme fraiche and chopped dill.



PESTO 3 WAYS

- Rocket And Walnut Pesto -

Ingredients

- 50g Rocket
- 1 clove of garlic
- 25g Parmesan cheese
- 25g roasted walnuts
- 200ml olive oil
- salt and pepper

Method

- 1 Heat the oven to 200c and roast the walnuts on a tray for 10 minutes and allow to cool.

- 2 Peel the garlic and put it in the chopper and blend for 5 seconds, add in the rocket to the garlic and blend for a further 5 seconds. Add the rest of the ingredients to the chopper and blend for a further 10 seconds. Adjust the seasoning and store in a jar and keep it in the fridge.



- Basil Pesto -

Ingredients

- 50g basil
- 1 clove of garlic
- 30g Parmesan cheese
- 30g Pine nuts toasted
- 175 ml extra virgin olive oil
- salt and pepper

Method

- 1 Heat the oven to 200c and toast the pine nuts on a tray for 10 minutes until golden and allow to cool.

- 2 Peel the garlic and put it into the chopper, blend for 5 seconds.
- 3 Pick the basil from the stalk and add to the garlic in the chopper and blend for 3 seconds. Place the rest of the ingredients into the chopper and blend for a further 10 seconds. Adjust the seasoning and store in a jar in the fridge.

- Sun Dried Tomato Pesto -

Ingredients

- 100g sun dried tomatoes
- 25g basil
- 1 clove of Garlic
- 25g Parmesan cheese grated
- 30g almonds roasted
- 200ml extra virgin Olive oil
- salt and pepper

Method

- 1 Heat the oven to 200c and toast the almonds on a tray for 10 minutes and allow to cool.
- 2 Peel the garlic and put it in the chopper and blend for 5 seconds, add in the sun-dried tomatoes and blend for a further 10 seconds. Pick the basil and add this along with the rest of the ingredients to the chopper and blend for a further 10 seconds. Adjust the seasoning and store in a jar in the fridge.



BEEF STEAK BURGERS

With Smoky Tomato And Red Onion Relish



2

2 burgers



40 minutes



Ingredients

THE PATTY

- 400g lean chuck steak
- salt and pepper

SMOKY TOMATO AND RED ONION RELISH

- half a red onion
- 1 clove of garlic
- 1/2 a red chilli
- 2 tsp sugar
- 1 tsp smoked paprika
- 1/4 tsp of each black and yellow mustard seeds
- 250g baby plum tomatoes

TO SERVE

- 2 Brioche bun
- Lettuce
- Tomatoes
- Sliced gherkins
- Mozzarella slices

Method

1 Start with your relish. Peel the onion, garlic and halve the chilli, add them to the hand chopper and blend until coarsely chopped, then add in the tomatoes and and blend until coarsely chopped.

Heat a small pan over a medium heat and toast the mustard seeds for a couple of minutes. Add the chopped onion, garlic chilli and tomatoes to the pan along with 2 tbsps of water, the sugar, smoked paprika and salt and pepper. slowly bring to the boil, then turn down to a low heat and cook for about half an hour until the liquid has reduced and you have a nice sticky relish.

2 In 100g batches chop the diced chuck steak for around 10 seconds in the

hand chopper until the meat is coarsely ground. Put each batch into a larger bowl, season well with salt and pepper and mix. Make two 200g patties about 2 inches thick.

3 Heat a bbq or griddle pan and cook the patties for around 3 to 4 minutes each side, depending on how well you like your meat cooked they might need a few more minutes.

When cooked to your liking place a slice of mozzarella cheese on top of the patty and cover until the cheese has melted. Take off the grill and rest for a couple of minutes while you toast your brioche buns. Layer your burger bun

Ingredients

CURRY PASTE

- 4cm piece of ginger
- 4 cloves of garlic
- 4 cm piece galangal
- 1 large bunch of coriander
- 4 thai green chillis
- 2 tbsp fish sauce
- 1 tsp ground cumin
- 1 tsp ground coriander

CURRY

- 6 round shallots peeled and sliced
- 2 tbsp sesame oil
- 6 lime leaves
- 2 lemongrass bashed
- 400ml tin of coconut milk
- 1 tbsp palm sugar
- 200ml chicken stock
- mange tout
- sugar snap peas
- 500g chicken

TO SERVE

- Thai jasmine rice
- coriander leaves
- sliced green chilli

4 Serves 4



30 minutes

Method

CURRY PASTE

- 1 Peel the galangal, ginger and garlic and then add all of the ingredients to the chopper and blend until you have a paste, it will be slightly coarse.

THE CURRY

- 2 Heat a pan and add 2 tbsp of sesame oil. Add in the sliced shallots, bashed lemongrass and lime leaves. Stir every now and again, cooking the shallots until translucent.
- 3 Stir in all of the curry paste and the palm sugar and cook for a further 2 minutes. Then add the coconut milk and chicken

stock. Bring to the boil and let the sauce reduce a little.

- 4 Slice the chicken and fry in a separate pan in sesame oil, then add it to the curry sauce.

- 5 Finally add in the mange tout and sugar snaps. Squeeze in the lime juice and adjust the seasoning with fish sauce. Serve with Jasmine rice and fresh coriander.



THAI GREEN CHICKEN CURRY