



WORK OUT
FOOD | MOVEMENT | MIND

Spring Recipes Booklet



Freekah Asian pesto salad

Ingredients

Freekah Asian pesto salad

Serves 4-6

1 medium aubergine
2tbsp rapeseed oil
1 red onion
1 clove of garlic
150g freekeh (a Middle Eastern wholegrain.
Couscous can be used instead)
300ml vegetable stock
60g walnuts
10g toasted sunflower seeds
2 tablespoons white miso
2 tablespoons tahini
150g spinach
Olive oil
Juice of 1/2 an orange
Large handful of chopped coriander

Directions

1. Heat the oven to 190c/gas mark 5.
2. Cut the aubergine into 2 cm cubes, season and stir through the oil to evenly coat the aubergine. Cook in the oven and roast for 25mins until the aubergine is soft.
3. Soak the freekeh in cold water for 5 minutes.
4. Peel and finely slice the onion, crush the garlic clove. In a small pan heat 1/2tbsp of rapeseed oil and add the red onion cover and soften until just turning golden, add the garlic and cook for a further 2 minutes.
5. Rinse the soaked freekeh in cold water add to the sweated onions with the stock and simmer for 15 minutes remove from the heat and cover with a lid to allow the remaining stock to absorb into the freekeh.
Spread out on a plate to help cook the freekeh down.
6. To make the pesto add the walnuts, miso, tahini, spinach, juice of the orange and sunflower seeds to a food processor. Stream in the olive oil to make a pesto. Season with salt and pepper as needed.
7. Combine the Freekah, chopped cooked aubergine with the pesto and serve sprinkled with fresh coriander.

Photos





Beetroot spelt risotto

Serving size: 2

Ingredients

Beetroot spelt risotto - Serves 2

1 red onion
2 tablespoons rapeseed
200g beetroot juice
200g pearled spelt (or pearl barley spelt isn't available)
1 raw beetroot
100g Madeira
100g white wine
600g white vegetable stock
30g grated Parmesan cheese (vegan cheese)
1 teaspoon grated horseradish

Buckwheat or Quinoa can be used for a gluten free alternative.

Directions

To serve your choice:

Reduced crème fraîche flavoured with horseradish

Grated fennel and dill salad in mustard/horseradish vinaigrette, Crumbled goats cheese or Grilled salmon

1. Place beetroot juice into separate saucepan and reduce until the volume. Set aside.
beetroot and into very dice.
2. Finely chop red onion. Heat 2 tablespoons of oil in a wide based pan add the chopped onion and cook pier a gentle heat until soft brown.
3. Add spelt to the soften onion and coin for 2 minutes, stirring.
4. Add cubed beetroot, Madeira white to the spelt and cook until the liquid reduces by and has $\frac{3}{4}$.
5. Pour in half the stock and cook for 10 Mins. Continue adding stock until spelt in Tenerife and liquid has absorbed.
6. Add the reduced beetroot juice and continue cooking for another 2 minutes. Stir the grated parmesan and horseradish and leave minutes. Serve garnished above.

Photos





Butternut squash coconut and lemongrass soup

Serving size: 4

Ingredients

2 large onions
4 large garlic cloves
3 tbsp vegetable oil
1 medium-large butternut squash peeled and cut into small cubes, about 1kg
4 lemongrass stalks
1 ½ 400ml tins coconut milk
800ml vegetable stock
8 fresh kaffir leaves
lime zest gratings
Handful coriander leaves as a garnish

Directions

1. Halve, peel onions. Peel the garlic cloves and bash with the side knife.
2. Heat oil in a large, heavy-based saucepan over very low heat. Cook onions and garlic, cover and gently sweat until the onions beginning to caramelize, about 10 minutes. Season with Salt and Pepper. Add the butternut squash and cook for another 5 minutes.
3. When the onions and squash are soft, take the whole lemongrass and using pestle and mortar bash to release their flavour. Add to the onions and squash as well as the kaffir lime leaves and cook briefly, stirring, for further 4 minutes.
4. Add the coconut milk and stock and bring to a boil. Lower heat and simmer gently, uncovered for about 15 minutes or until the squash starts to disintegrate.
5. Remove lemongrass and kaffir leaves and blend the soup thoroughly using hand blender until there is a really velvety finish, sieve the soup through fine sieve.
6. To serve, reheat the soup gently and add lime zest. Taste, and adjust seasoning as necessary. Chop the coriander leaves and scatter over the serve.

Photos





Courgette, Feta, Mint Fritters

Serving size: makes 12 - 2 per serving

Ingredients

500g courgettes
125g plain wholegrain flour
1/2 tsp baking powder
2 eggs
Fresh mint
75g Feta
1 tsp chilli flakes
1/4 tsp Himalayan pink salt
1 tbsp Fresh marjoram chopped finely
1 tsp cold pressed rapeseed oil or low fat spray

Directions

- 1 Mix all ingredients in a bowl
- 2 In a non stick pan, heat a little of the oil
- 3 Place a large heaped spoon of the mixture into the pan and cook on one side until browned underneath
- 4 Flip carefully, and cook on the other side
- 5 Continue to turn until the fritters are cooked through
- 6 Serve with lettuce leaves and some fresh marjoram
- 7 Makes 12 fritters

Photos





Chinese-style sticky chicken and brown rice

Serving size: Serves 3 | Prep time: 30 mins | Cook time: 30 mins

Ingredients

½ tsp garlic granules
1 tsp toasted sesame oil
1 tsp mirin
1½ tbsp dark soy sauce - check if gluten free
1½ tbsp runny honey
pinch dried red chilli flakes
2 boneless chicken thighs, skin removed, halved
4 spring onions, thinly sliced
1-2 tsp sesame seeds
1 lime, cut into wedges, to serve
100g brown basmati rice

Directions

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Wash the rice and add 300ml of water. Bring to the boil, reduce to a simmer, add salt and pepper and cook for 40 minutes covered. If the water runs out add a little more, but do not stir. Once the rice is cooked, fluff carefully with a fork. Cover in a clean tea towel and replace the lid. Leave to steam for 10 minutes.
3. Put the garlic granules, sesame oil, mirin, soy sauce, honey and chilli flakes in a resealable food bag and shake well.
4. Add the chicken thigh halves and mix to coat – you can do this by holding the outside of the bag and squishing around.
5. Tip out onto a small baking tray, pouring over all the marinade, then bake for 15–20 minutes, or until the chicken is golden brown and cooked through.
6. Toss the cooked chicken in any remaining sauce from the tray and transfer to a serving plate. Sprinkle with the spring onions and sesame seeds and serve with the lime wedges to squeeze over. Add a plate of the cooked rice on the side.

Photos



Chef Renu B