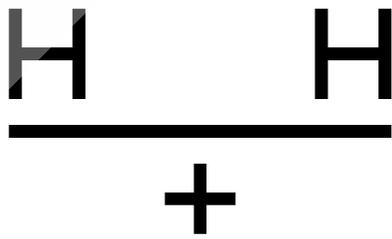


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To our loved ones and all those who have inspired and supported us. For our clients who believed in a better way. And to everyone else who wants to join us on our delicious journey.

# THE ART OF EATING WELL

HEMSLEY  
HEMSLEY

JASMINE AND MELISSA HEMSLEY





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## INTRODUCTION

If you want to love what you eat AND look and feel like the best version of yourself, then this book is for you. Wellness begins from within; eating real, unprocessed, and nourishing food allows you to live a healthier, happier, and more energized life. By understanding what's good for your body, making some simple changes to your habits, and by choosing food that's both delicious and good for you, you will look better and feel amazing. This is *The Art of Eating Well*.

We've created 150 exciting and inventive recipes for every day; recipes that are easy and fun to make as well as being packed with nourishing ingredients. You don't need to be a gourmet chef, count calories, go hungry, or miss out on dessert – there is no fad dieting here. The idea is to cook and eat meals that are so delicious you'll forget that you're eating "healthy food." Many of the recipes in this book will seem familiar to you at first glance: a reworking of popular dishes from pizza and spaghetti to chocolate cake and ice cream, or traditionally "healthy" recipes like supercharged salads and nourishing veg-packed smoothies. We don't believe in depriving ourselves of treats and "comfort foods;" we just make them using whole ingredients and unrefined, natural sweeteners.

Don't be put off by unusual names or worry about tracking down certain ingredients. We've included plenty of alternatives, and the stockist list on our website ([www.hemsleyandhemsley.com](http://www.hemsleyandhemsley.com)) will help you find your local specialist store or point you in the direction of an online shop.

In amongst the recipes you'll find simple, practical tips on sourcing and preparing food and enhancing digestion. Our easy, sustainable, common sense philosophy will arm you with the knowledge and tools to take control of your food choices and begin your own journey to the art of eating well.



## Our food

Our society is just beginning to acknowledge the ill effects of high-sugar, high-gluten, overly processed, and chemical-laden foods in our diet. These foods have become so much a part of mainstream eating that we can be forgiven for being completely confused about what the ideal diet is.

Much of the food on offer to us is nutritionally substandard. It will keep you alive, but not necessarily in the best of health if eaten as the bulk of your diet. Natural foods are often overshadowed by commercially produced, heavily advertised "health foods," which are usually designed in a lab and are full of ingredients and chemicals that we, let alone our bodies, struggle to recognize.

The HEMSLEY+HEMSLEY way is to keep it simple and as close to nature as possible. In essence, this means we eat meat and vegetables, taking the best ingredients and foods from the plant and animal kingdoms as humans have always done. Simple food.

H+H food is free from gluten, grains, and refined sugars, and focuses on nutrient-dense, unprocessed foods, good fats, and bone broth.

We encourage you to eat organic vegetables, sustainable and ethically caught wild fish, and grass-fed naturally reared, free-range meat. We enjoy high-quality dairy and a whole range of natural fats, including butter, unrefined oils, and animal fat. This produce is better for nutrition, the environment, local economy, and, in our opinion, it really does taste better.

We avoid processed foods, refined carbohydrates and sugar, and chemical sweeteners. Instead, we stick to pseudocereals, such as quinoa and amaranth, seasonal fruit, and naturally sweet ingredients such as raw honey and maple syrup that have nutritional value.

We urge you to steer clear of food products that shout "low fat" and "no fat" as well as those promoted as "low calorie." Stay away from margarine, vegetable spreads, "sugar-free" cakes and cereal bars, along with products that claim to speed up your metabolism or contain ingredients you don't recognize. Think of these as fake foods that cause stress to the body.

Humans evolved to eat natural foods, foods that were foraged, hunted, or grown. Many of us have lost this connection to the food we eat. We believe it's important to re-establish that link.

We don't believe in dieting or that good health is as simple as "calories in, calories out"; this is not a natural way of evaluating what to eat. The answer is not to limit calories but to eat more high-quality foods and listen to our bodies. Mindful Eating.

You'll find that once your taste buds have been weaned off sugary, refined, and chemically enhanced food products, you will quickly develop a taste for fresh, unprocessed whole foods. By preparing your own meals you can be more in control of what is going into your body and feel better for it.



## Who we are

HEMSLEY + HEMSLEY, launched in 2010, is our family-run, bespoke food service looking after individuals and their families all over the world, including high-profile people within the music, media, fashion, beauty, health, and wellness industries.

Alongside the food delivery service, we consult for private clients, restaurants, and hotels as well as catering dinner parties and events. In 2012 we joined [Vogue.co.uk](http://Vogue.co.uk) as food bloggers, which allowed us to share our nourishing recipes with a wider audience.

We have been developing the H+H way of eating for almost ten years and, while it is now our business to help others overhaul their eating, it all began as a very personal journey.

Jasmine worked as a model for over 15 years, a profession that made her very aware of her food choices and health. Melissa travelled the world as a fashion brand manager and then worked in marketing for gastropubs and bars. Long hours, late nights, and trying to eat on the go were challenges for both of us.

We have always loved cooking and recognized the relationship between food and health. On the surface we thought ourselves "normal and healthy" young women. However, when we began tuning into

**T HIS CHAPTER IS ALL ABOUT THOSE LITTLE EXTRAS – THE DELICIOUS DISHES THAT FIT IN AND AROUND OUR MEALS.** We've gathered together a variety of side dishes to complement a main or add a fresh lease of life to leftovers, as well as our favorite snack recipes to boost energy levels and sustain you until the next meal.

Our vegetable-based side dishes like our Garlic Lemon Green Beans (page 113), are so tasty in their own right you won't mind eating all that extra veg. We don't rely on potato, pasta, and grains to accompany our mains and fill us up. Instead, we've made tasty and nutritious versions of popular sides so, if you think you might miss your pasta and potatoes, try our Cauliflower Mash (page 104), Cauliflower and Broccoli Rices (page 102 and 170), Courgetti (page 140), and Baked Zucchini Fries (page 110), which all pair perfectly with protein or high-starch dishes.

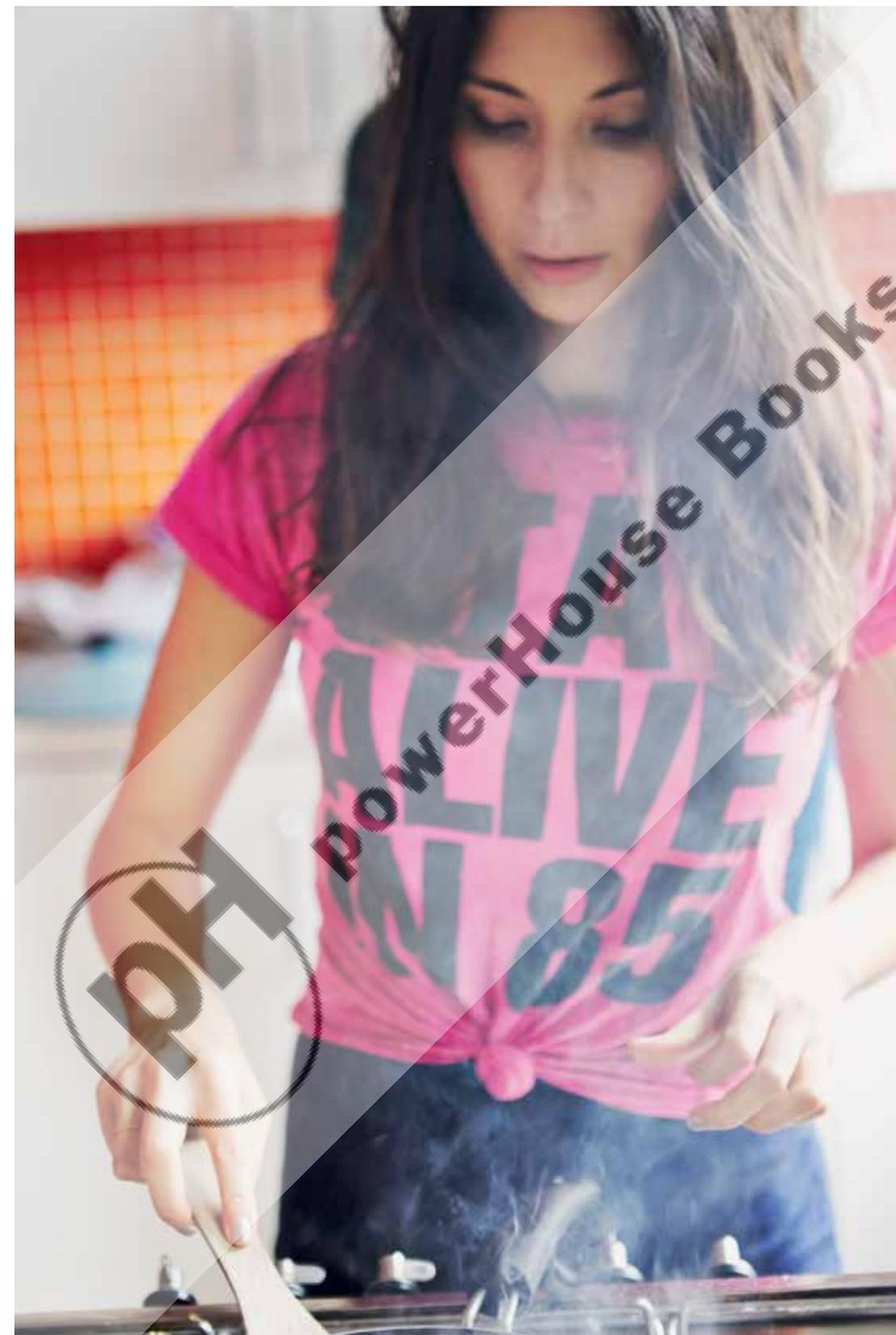
We're big fans of a mezza and in the summer months we put together platters using four or five sides to make a feast. Keeping an assortment of them in the fridge works like a pick 'n' mix, creating lunches and suppers with a bit of this and a bit of that. Alternatively, adding a portion of meat, fish, egg, legumes, or pseudocereals to any of these sides makes a meal.

Having the right snacks on hand at all times is essential, as your resolve can be tested with every shop, café, and vending machine you

pass. The colorful offerings call out to you just as your tummy realizes it's been two hours since lunch and another two hours until dinner.

Hydration should be your first line of defense when your mind turns to snacking, followed by a pick-me-up that won't make you crash an hour or so later. Rather than reaching for chips or the cookie packet, opt for a snack made from real, whole foods containing a good amount of fat and/or protein for sustenance and satisfaction. Our Tahini Bliss Balls (page 124) are the ultimate snack, being nourishing, not too sweet, but also easily transportable. Freeze a batch ready to pull a few out in the morning for the day ahead.

See pages 308–310 to find out how we get ahead and stock up on snacks as part of our Sunday Cook Off, as well as for some lunchbox ideas to team with your snacks. We know only too well that trying to eat properly while travelling or working late can be extremely difficult without good snacks on hand, so see page 313 for tips on what to pack when you travel. Let these recipes become your go-tos. The secret is to always be prepared for a "snack attack"!



## CAULIFLOWER RICE AND PILAF-STYLE CAULIFLOWER RICE

SERVES 2

### FOR THE CAULIFLOWER RICE

1 cauliflower  
1 tsp ghee or coconut oil  
2 tbsp bone broth  
(page 300) or water  
sea salt and black pepper

### FOR THE PILAF-STYLE CAULIFLOWER RICE

1 cauliflower  
1 tbsp pistachios or flaked almonds  
1 tsp ghee or coconut oil  
1 medium onion, finely chopped  
1 tsp ground turmeric  
2 dried bay leaves  
3 cardamom pods, crushed  
1 tbsp raisins  
2 tbsp bone broth  
(page 300) or water  
1 tsp lemon juice  
sea salt and black pepper

✦ **MAKING A BIGGER BATCH?** You can make cauliflower rice by hand but a food processor really helps!

This 100-percent vegetable alternative to rice only takes 10 minutes from start to finish. Cauliflower contains several beneficial phytochemicals and especially high levels of vitamin C, which is missing in the dry grains of brown or white rice. Sometimes we like our cauliflower rice plain, sometimes we cook it with some coconut milk or, for us, the ultimate would be this aromatically scented cauliflower pilaf rice.

**1 To make Cauliflower Rice**, remove the cauliflower leaves and the tough end of the stalk. Use a food processor or the coarse teeth on a grater to grate the cauliflower into rice-sized pieces.

**2** Add the ghee or coconut oil to a pan with the grated cauliflower, the broth or water, and turmeric, if using, and stir to mix.

**3** Cook over a medium heat, lid on, to let the grated cauliflower steam for 4–6 minutes until tender. After a few minutes, check to make sure that there is still enough water on the bottom of the pan to stop it catching. Once the cauliflower is tender, season to taste and serve.

**4 To make Pilaf-style Cauliflower Rice**, grate the cauliflower into rice-sized pieces as in step 1. Gently toast the pistachios or flaked almonds in a dry pan for a minute, then set aside.

**5** In the same pan, turn up the heat, add the ghee or coconut oil, and fry the onion, turmeric, bay leaves, and crushed cardamom pods for 8 minutes or until the onion is soft and translucent. Stir occasionally to prevent the onion sticking.

**6** Add the grated cauliflower, raisins, and broth or water to the pan, stir, and cover the pan to let the cauliflower steam for 4–6 minutes until tender as above.

**7** Once the cauliflower is tender, season to taste and stir through the lemon juice to serve (you could remove the cardamom or keep it in).





**LEFT TO RIGHT:** Baked Broccoli Fritters with Spicy Avocado Dip (page 126), Whole Roasted Cauliflower (page 108), Quicker-than-toast Zucchini Salad (page 84), Mushroom, Rosemary, and Arame Sauté (page 105), Carrot and Flax Crackers (page 121), Braised Fennel with Lemon and Rosemary (page 109), watercress salad.

## MUM'S BAKED TROUT

This was an almost impossible recipe to get off our mum. Many emails back and forth and endless variations and suggestions. She says she changes it every time, but we've worked out that this is the basic version – lots of lemon, onion, and tomatoes. As they cook with the fish, their juices create a delicious sauce. If she fancies it, she makes it "more Filipino" and adds a dash of tamari and grated ginger or some of her roasted red chilies that we love. Serve hot from the oven with a simple, crisp salad and some buttered green beans.

SERVES 2-3 PEOPLE

- 1 large whole trout, about 1 ½ lb, or 2 small trout (ask your fishmonger to prepare the fish so you can stuff it)
- 1 large onion, preferably red for color and sweetness, halved
- 1 large tomato, finely chopped or 6 cherry tomatoes, finely chopped
- 1 lemon
- 10 cherry tomatoes on the vine, kept whole
- 4 scallions, kept whole
- sea salt and black pepper

- 1 Preheat the oven to fan 390°F.
- 2 Make 5 shallow slices on an angle into the top side of the fish. Season the fish inside and out and place on parchment paper on a baking tray.
- 3 Slice half of the onion into thin slices and finely dice the other half.
- 4 Mix together the finely chopped tomato, the diced onion, juice of half the lemon, and some salt and pepper, then fill the fish cavity with the mixture.
- 5 Arrange the cherry tomatoes, scallions, and the sliced onion around the fish on the tray, then season and squeeze the rest of the lemon all over, leaving the lemon halves on the tray.
- 6 Bake for 20 minutes or until cooked through.



## SEA BREAM TERIYAKI

If you don't have time to marinate the fish, don't worry, because this sauce is rich in flavor and can be reduced on the stove and poured over instead. Make up the sauce while the oven is heating up, then bake the fish until it's just cooked through. Any leftover sauce is great with a chicken salad or added to a stir fry. Serve this dish with Broccoli Slaw (page 88), Carrot, Radish, and Seaweed Salad (page 86), Cauliflower Rice (page 102), or Spring Greens with Blood Orange Dressing (page 221).

SERVES 2

### FOR THE SEA BREAM

- 2 large sea bream fillets (about 10 ½ oz, ask your fishmonger to descale)
- 1 tbsp ghee or coconut oil
- 2 scallions, sliced on the angle

### FOR THE TERIYAKI SAUCE

- ¼ cup tamari
- 2 tbsp apple cider vinegar
- 1½ tbsp maple syrup
- 1 garlic clove, finely grated
- 1 tsp fresh root ginger (unpeeled if organic), finely grated or chopped (optional)
- a pinch of white or black pepper or some fresh red chili or chili flakes (optional)

- 1 First make the sauce. Whisk together the tamari, apple cider vinegar, maple syrup, garlic, ginger, pepper, and chili, if using, to make the teriyaki marinade.
- 2 Make six shallow cuts in the fish's skin, lay the fish in a shallow dish and pour over the teriyaki sauce. Cover with a plate and put in the fridge for 1 hour. If you use a more robust fish like salmon, you can marinate it for much longer, but sea bream is quite delicate.
- 3 Preheat the oven to fan 350°F. Rub the ghee or coconut oil into the bottom of an ovenproof dish. Drain the fish, reserving the marinade, then place the fish into the dish, skin side up, and bake for 5-7 minutes until just cooked through.
- 4 Meanwhile, heat the reserved marinade at a simmer for a few minutes.
- 5 Serve immediately, spooning the hot teriyaki sauce over the fish and scatter over the spring onion.

## FISH PIE WITH CELERY ROOT MASH

SERVES 4

### FOR THE FISH FILLING

1 large onion (or 2 onions if no leeks), finely chopped  
1 large leek (or 2 leeks if no onions), finely chopped  
1 carrot, finely diced  
1 celery stick, finely diced  
½ fennel bulb, finely diced (you could add the fennel fronds to the sauce in place of dried dill)  
1 tsp dried dill  
1 bay leaf  
1 tbsp ghee  
½ cup white wine  
1 ½ lb fish (we used 10 ½ oz wild salmon and 10 ½ oz undyed smoked haddock)  
2 tbsp arrowroot, to thicken the sauce  
a handful of fresh parsley, chopped  
sea salt and black pepper

If you're having people over, then try this fish pie – you can make it up in advance, ready to pop in the oven. Use a large serving dish or try individual pots, which look great for presentation and are good for freezing in portions. Celery root is not the prettiest of vegetables, but once you've peeled off the knobbly outer layer and cooked it up, you'll find the creamy mash makes a satisfying topping to the veg-packed fish filling and you won't miss potatoes at all. For an extra twist, stir through a little tamarind paste with the wine to give it a Worcestershire sauce-type kick. Serve with a Watercress Salad (page 139) or Garlic Lemon Green Beans (page 113).

### FOR THE CELERY ROOT MASH

2 medium celery root, about 2 ¼ lb in total, peeled and cut into ¾ in cubes  
1 ¾ oz butter just under an ounce  
parmesan, grated

- 1 First make the celery root mash. Steam the celery root cubes in a pan with a little water, lid on, for about 15 minutes until tender. Drain well and then roughly mash with the butter and some seasoning using a vegetable masher or pulse a few times with a hand-held blender.
- 2 Preheat the oven to fan 350°F.
- 3 Fry the onion and/or leek, carrot, celery, fennel, dried dill, and bay leaf in the ghee in a large pan over a medium heat for about 10 minutes until almost tender.
- 4 Add the wine to the softened veg mix, stir, and simmer until the wine has evaporated.
- 5 Add 2 cups hot water to the pan and bring to a simmer over a medium heat. Add the fish, cover, and poach for about 5 minutes until cooked through. Remove the fish and set aside.
- 6 Mix the arrowroot in a cup with a little cold water until smooth then add it to the pan. Stir constantly for a few minutes as the sauce thickens up, then take off the heat and stir through the chopped parsley and season.
- 7 Flake the fish into a round 10 in diameter oven dish that is 2 in deep. Sit the dish on a baking tray in case the sauce runs over during cooking, then pour the veg sauce over the fish.
- 8 Cover with the roughly mashed celery root and bake for 30 minutes to heat through.
- 9 Preheat the broiler. Cover the mash with the grated parmesan and cook on high for 5 minutes until the top is golden.



## SALMON WITH ARGENTINIAN CHIMICHURRI SAUCE

Chimichurri sauce is traditionally served with a good rare steak, but we also love how the apple cider vinegar and the bitter, antioxidant-rich fresh herbs cut through the richness of a beautifully grilled piece of salmon. Serve with Braised Fennel with Lemon and Rosemary (page 109). Chimichurri works with plenty of other dishes too, especially robust ones, and livens up a simple meal. Also try mackerel and other oily fish, adding a dash more vinegar to cut through the fattiness.

Try the Columbian version of a chimichurri sauce with half parsley and half cilantro or blend it smooth and add another 4 tablespoons extra virgin olive oil and 1 tablespoon more apple cider vinegar to make a tangy green dressing for any salad.

SERVES 2 WITH EXTRA CHIMICHURRI SAUCE

### FOR THE SALMON

2 salmon fillets, skin on  
1 tsp ghee or coconut oil, for crispy skin  
sea salt and black pepper  
lime wedges, to serve

### FOR THE CHIMICHURRI SAUCE

3 large handfuls of fresh parsley (stalks included if you're blending it smooth or save the stalks for juicing or soups)  
1 small onion or shallot or 3 scallions  
4 garlic cloves  
1 tsp dried oregano or thyme  
a fresh green chili or a pinch of chili powder, to taste  
6 tbsp extra virgin olive oil  
1½ tbsp apple cider vinegar

**1** Preheat the oven to fan 350°F.

**2** To make the chimichurri sauce, use a knife or food processor to finely chop all the ingredients together, then stir through the extra virgin olive oil and apple cider vinegar at the last minute. Season to taste. The sauce can be blended quite chunky (traditional) or smooth, depending on your preference.

**3** Pat the salmon fillets dry, then season on both sides, rubbing the skin side with a little ghee or oil. Place in a frying pan (preferably one that can go in the oven), skin side down, and cook for a few minutes to get a crispy skin.

**4** Transfer to the oven and bake for 5 minutes or until cooked through.

**5** Serve the salmon hot with braised fennel, lime wedges, and a big spoonful of chimichurri sauce. Alternatively, for a packed lunch, let the salmon cool, then flake and serve in a big salad with the chimichurri sauce as a dressing.



## OSSO BUCCO BEEF SHIN WITH OAK- SMOKED TOMATOES

A slow-cooked, one pot, melt-in-the-mouth stew with a sweet and smoky gravy. Our friends Lizzie and Richard from Wild Beef gave us the tip for adding oak-smoked, sun-dried tomatoes. If you have trouble finding these, then use fresh or tinned tomatoes instead, reducing the amount of water and upping the tomato purée to keep it rich. A few pinches of smoked sweet paprika will provide the subtle smoky flavor. The stew freezes beautifully and tastes even better the next day, and even the day after that, so don't be put off by the number of people the recipe serves. This dish really is easy peasy – quick prep, slow cook, and maximum appreciation from everyone who is lucky enough to eat it. Serve with a Watercress Salad (page 139) in summer or Cauliflower Mash (page 104) in winter.

SERVES 8

4 ½ lb beef shin, cut into rounds with marrow bones included

1 tbsp ghee or butter

3 large onions, roughly diced

2 celery sticks, diced

6 carrots, chopped into large batons (you don't want them to disintegrate during the cooking)

2 tbsp tomato purée

2 dried bay leaves

2 x 6 ½ oz containers of oak-smoked tomatoes, drained

1 large white or savoy cabbage, halved and shredded

2 handfuls of chopped fresh parsley, to garnish

sea salt and black pepper

**1** If using the oven, preheat to fan 275°F

**2** If the butcher has not already done it, start by removing the tough outer skin from the beef shins, but leave the fat on. Season the meat with sea salt and black pepper.

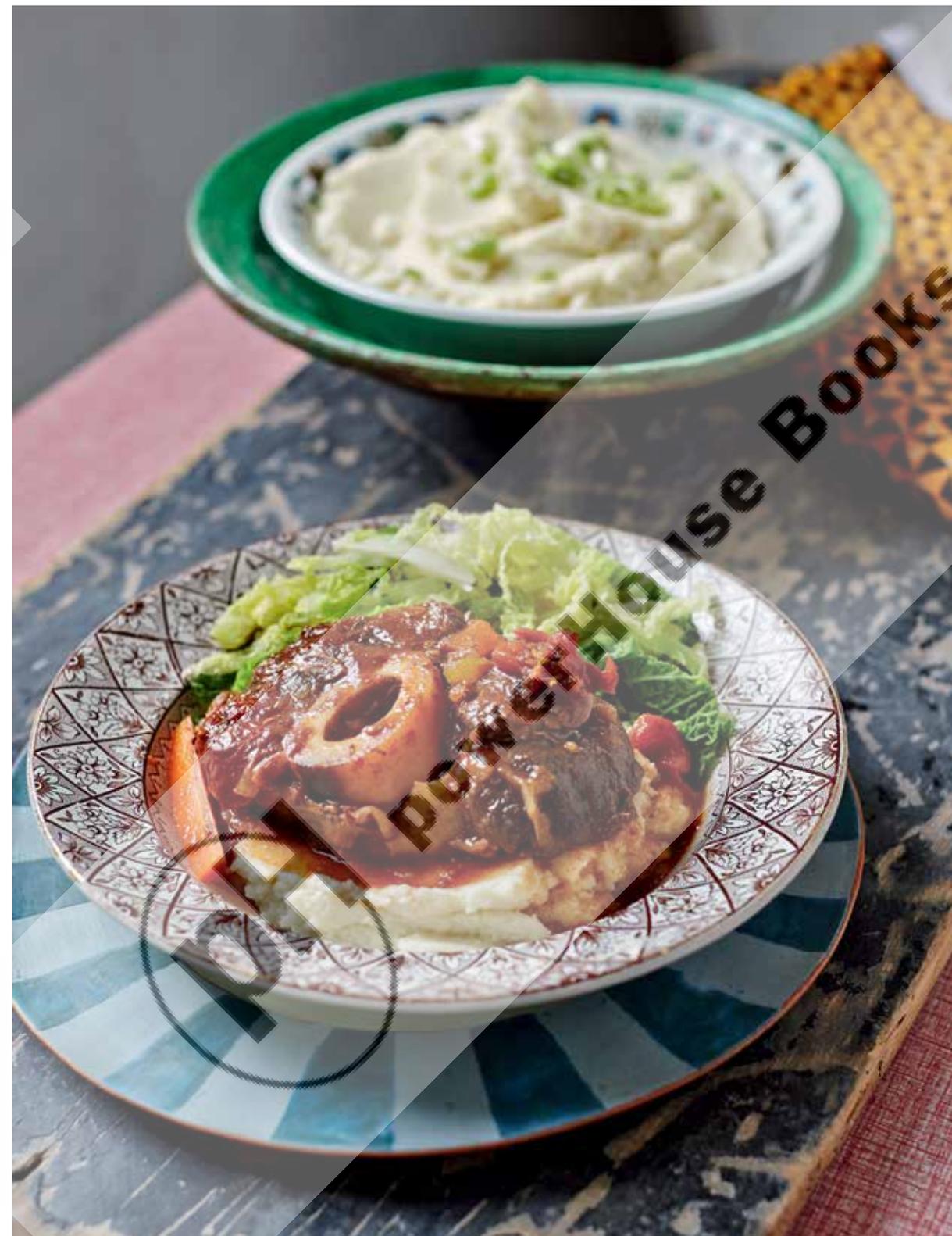
**3** Heat the ghee or butter in a casserole dish over a low heat and gently fry the onion, celery, and carrot for 5 minutes before adding the beef shins, tomato purée, bay leaves, and drained smoked tomatoes.

**4** Add enough hot water to just cover everything and bring up to a gentle simmer.

**5** Pop the lid on and bake in the oven for 3–4 hours, checking and stirring occasionally. If you are cooking on the stove top, simmer away gently for 3–4 hours. You can start cooking this up to 8 hours in advance and keep it on the lowest simmer.

**6** Check your stew for seasoning 10 minutes before serving, then pile up the shredded cabbage on top, put the lid on and let the cabbage wilt over a gentle heat before serving, garnished with parsley.

**+** WE OFTEN USE OUR SLOW COOKER and keep it bubbling all day. If you are using a slow cooker from scratch, add all the ingredients to your pot on low and let it cook for 6–8 hours. Use less water, filling just two-thirds of the way up.



## SRI LANKAN LAMB CURRY

Sweet coconut, earthy spices, and juicy lamb. Making your own spice mix from fresh makes all the difference and is easy, it's just a bit of measuring!

Enjoy this curry with Cauliflower Rice (page 102), Broccoli Rice (page 170), or Summer Lime Coleslaw (page 80) and greens like chard or spinach added towards the end of the cooking time. We cook this on the stove for a few hours or for 6–8 hours on low in a slow cooker. Leftover sauce will go nicely with some roasted squash wedges the next day or pour over coleslaw to warm it up.

SERVES 4

### FOR THE LAMB CURRY

1 tbsp ghee or coconut oil  
2 onions, halved and finely sliced  
3 garlic cloves, grated  
a thumb-sized piece of fresh root ginger (about 1 ½ oz) – unpeeled if organic – grated  
18 oz stewing lamb (from lamb shoulder is delicious), cubed  
1 tin of full-fat coconut milk  
2 cups bone broth (page 300) or water  
2 large carrots, diced  
2 zucchinis, diced  
1 red pepper, roughly diced  
juice of 1 lemon or lime  
2 large handfuls fresh cilantro, chopped  
sea salt and black pepper

### FOR THE SRI LANKAN SPICE MIX

1 tbsp ground cumin  
1 tbsp ground coriander  
1 tsp fennel seeds  
¼ tsp chili powder or fresh chili, to taste  
½ tsp ground turmeric  
¼ tsp ground cinnamon  
¼ tsp ground cloves  
¼ tsp ground cardamom

- 1 Heat the ghee or coconut oil in a large casserole dish over a low heat and gently fry the onion, garlic, ginger, and all the spices for the Sri Lankan spice mix for 10 minutes until soft.
- 2 Add the lamb, coconut milk, and broth, then turn the heat up and leave to simmer for 2–3 hours until the lamb is tender.
- 3 Add the carrot and turn up the heat to a medium simmer. After 8 minutes, add the zucchini and red pepper.
- 4 After another 8 minutes, check all the veg is tender and season, if needed. Squeeze in some lemon or lime juice to taste and add half of the fresh cilantro.
- 5 Serve each bowl with more fresh cilantro on top.



## SHEPHERD'S PIE

The beauty of shepherd's pie is that it's a fantastically frugal way of using less tender and less popular cuts of lamb. By using this trick you can afford to step up the quality of the meat that you buy – after all every part of a naturally reared animal is nutritious, not just the “premium” cuts.

While the traditional pie is topped with potato, we've used our popular Cauliflower Mash (page 104) here instead. When you mash it, give it a kick with some of the following: mustard, snipped fresh chives, finely sliced spring onion, horseradish, garlic, nutmeg, some caramelized onions and leeks, or crumble in any cheese.

Serve your Shepherd's Pie with some seasonal buttered veg like spring greens, purple sprouted broccoli, and Garlic Lemon Green Beans (page 113) or keep it light with a Watercress Salad (page 139).

SERVES 4

### FOR THE SHEPHERD'S PIE

#### FILLING

1 tbsp ghee or duck fat  
18 oz minced lamb (ask your butcher to mince the lamb and don't go for lean meat)  
1 large onion or leek, finely chopped  
1 celery stick, finely diced  
2 carrots, finely diced  
2 dried bay leaves  
1 tsp dried rosemary or 2 tsp fresh rosemary, roughly chopped  
1 tsp dried thyme or 2 tsp fresh thyme (save some to garnish)  
1 garlic clove, diced  
1 zucchini, finely diced  
1 tbsp tomato purée  
8 ½ oz red wine  
2 cups bone broth (page 300)  
a small handful of fresh parsley, roughly chopped  
sea salt and black pepper

### FOR THE TOPPING

Cauliflower Mash (page 104)  
a sprinkle of fresh chives or fresh thyme leaves, to garnish  
a little butter

- 1 Heat half the ghee in a large pan over a medium heat and brown the mince for a few minutes. Set aside.
- 2 In the same pan, add the remaining ghee and sauté the onion, celery, carrot, bay leaves, rosemary, and thyme for 5 minutes. Add the garlic and zucchini and gently fry for a further minute.
- 3 Return the mince to the pan and stir in the tomato purée and red wine. Cook over a medium heat for a few minutes until the liquid has reduced.
- 4 Add the broth and simmer with the lid on for at least 30 minutes. We like to slow cook the sauce for up to an hour, adding more broth or water if it starts to get dry.
- 5 Stir through the fresh parsley and taste for seasoning.
- 6 Meanwhile, preheat the oven to fan 390°F.
- 7 You can either use individual 5 x 6 in ramekins or pie dishes (great for freezing portions) or a 7 ½ in square baking dish, that is 2 in deep (or the rough equivalent of an oval dish). Fill your dish two-thirds full with the lamb mixture and top with the Cauliflower Mash, using a fork to crisscross over the top. Dot with some butter.
- 8 Bake for 25–30 minutes until golden. Finish with a sprinkle of chives or some fresh thyme leaves.



## PABLO'S CHICKEN

We named this dish after Pablo, our cousin's husband, because he's a fried chicken fiend who challenged us to make him a healthy version that would keep him happy. Here it is – no breadcrumbs, no vegetable oil, no need to deep fry! Succulent chicken baked in a homemade spice mix with a crisp nutty crust, perfect hot or cold. Serve with some Probiotic Ketchup (page 306), Thai Sweet Chili Sauce (page 228), or just a squeeze of lemon and either Summer Lime Coleslaw, Quicker-than-toast Zucchini Salad, or Fennel, Cucumber, and Dill Salad (pages 80, 84, and 97).

SERVES 4

### FOR THE CHICKEN

6 ½ oz ground almonds  
or use Sun Flour (page 302)  
2 eggs  
6 pieces of chicken (use a mix of drumsticks and thighs), skin on  
1 tbsp ghee  
sea salt and black pepper

### FOR THE SPICE MIX

3 tsp hot smoked paprika  
or 2 ½ tsp smoked sweet paprika with ½ tsp cayenne pepper  
1 ½ tsp ground cumin  
1 ½ tsp sea salt  
1 tsp dried thyme  
1 tsp dried oregano  
¼ tsp onion powder (optional)  
¼ tsp garlic powder (optional)

- 1 Preheat the oven to fan 350°F and line a baking tray with baking parchment.
- 2 Mix the ground almonds and ingredients for the spice mix in a bowl. In a second bowl, beat the eggs.
- 3 Dip the chicken pieces, one at a time, in the egg, then coat in the mix of ground almonds and spices and lay on the baking tray.
- 4 Gently heat the ghee and use a spoon to drizzle it over the pieces.
- 5 Bake for 45 minutes until golden and sprinkle with some sea salt and pepper.



ANTI-CLOCKWISE FROM TOP LEFT: Quicker-than-toast Zucchini Salad (page 84), Probiotic Ketchup (page 306), Pablo's Chicken (opposite), Fennel, Cucumber, and Dill Salad (page 97).

## CHICKEN ADOBO WITH BROCCOLI RICE

Chicken Adobo is one of the national dishes of the Philippines and was one of our favorite meals growing up. You can see the Spanish and Chinese influences on Filipino cuisine in this dish. The chicken is simmered in soy, or in our version tamari, and vinegar; adobo means marinade in Spanish.

Our mum grew up eating adobo with white rice but surprised herself by enjoying cauliflower and broccoli rice instead – both give the perfect texture for soaking up the rich gravy.

SERVES 4

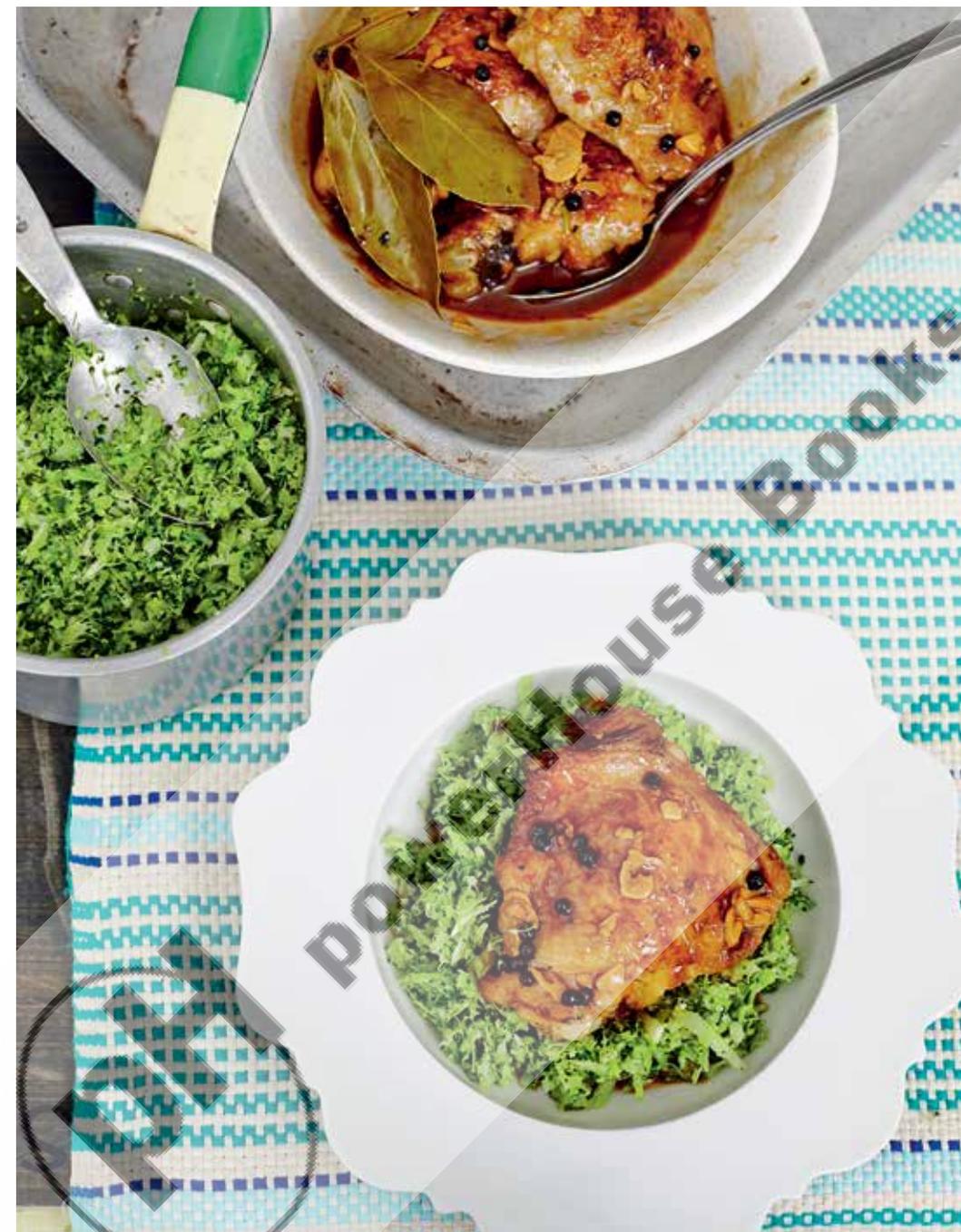
### FOR THE CHICKEN

- 1 tbsp coconut oil
- 4 large chicken thighs, skin on
- 5 garlic cloves, diced
- 3 ½ cup bone broth (page 300) or vegetable stock
- 3 dried bay leaves
- 1 tsp freshly ground white or black pepper
- 1 tsp whole black peppercorns
- 3 ½ tbsp apple cider vinegar
- 2 tbsp tamari (no extra salt needed as tamari is salty)

### FOR THE BROCCOLI RICE

- 1 head of broccoli including stalk, about 12 oz
- 2 scallions, finely sliced or 1 tbsp snipped fresh chives
- sea salt and black pepper

- 1 Heat the coconut oil over a medium-high heat in a wide pan with a lid. Once the oil is hot, place the chicken thighs into the oil and brown lightly, lid off, for about 3 minutes on each side. Remove the browned chicken from the pan and set aside.
- 2 Lower the heat and add the garlic. Sauté for another 30 seconds until starting to color before adding the broth, bay leaves, pepper, peppercorns, and apple cider vinegar. Stir and bring the sauce to a simmer.
- 3 Add the chicken back to the sauce in the pan, turn the heat down to low, and cover. Simmer the chicken in the sauce for 10 minutes, then turn the chicken over, cover and cook for another 5–8 minutes until the chicken is cooked through. Add the tamari to the sauce and stir through.
- 4 We like lots of sauce to go with our broccoli rice, but if you'd like it thicker, remove the chicken and keep it warm (you can remove the skin at this point too, put it on a baking tray and bake it until crispy – it'll be super tasty with all the adobo flavors), then reduce the sauce, uncovered, for a few minutes over a medium simmer.
- 5 To make the broccoli rice, use a food processor or the coarse teeth on a grater to grate the whole broccoli including the stalk into rice-sized pieces. Steam the broccoli in a pan with a few tablespoons of water, lid on, for 3–4 minutes until tender with a little bite, stirring halfway through. Season to taste and stir through the spring onion or chives, then serve immediately with the chicken.



+ **TRY STEAMING THE BROCCOLI RICE** with some finely grated ginger or garlic, use coconut milk instead of water, season with ½ tsp tamari instead of salt or a few drops of toasted sesame oil to taste.

+ **FOR A REALLY QUICK TAKE ON EGG FRIED RICE,** scramble an egg and stir it through Broccoli Rice with a splash of tamari and toasted sesame oil.

## SESAME CHICKEN SALAD WITH CUCUMBER NOODLES

SERVES 2

### FOR THE SALAD

2 tbsp black or white sesame seeds  
2 cucumbers  
1 small head of romaine or cos lettuce, shredded into ribbons  
1 small head of bok choy or 5 oz Chinese cabbage, shredded into ribbons  
3 scallions, thinly sliced  
a handful of fresh cilantro, roughly chopped  
9 oz cooked shredded chicken

### FOR THE SESAME DRESSING

5 tbsp sesame oil (not toasted) or extra virgin olive oil  
2 tbsp toasted sesame oil  
juice of 1 lime or 3 tbsp lemon juice  
2 tsp raw runny honey  
1 tsp tamari or sea salt

### OPTIONAL

1 finely chopped red chili, to garnish

- 1 Gently toast the sesame seeds in a dry pan until fragrant.
- 2 Use a spiralizer or julienne peeler to make the cucumber noodles. Or use a regular vegetable peeler to slice the cucumbers lengthways into wide pappardelle-style ribbons. You might want to cut the long, spiralized strands in half to make them easier to eat.
- 3 Prepare the dressing by whisking together all the ingredients in a bowl or shaking them together in a jam jar.
- 4 Add the lettuce, bok choy, scallion, and cilantro to a bowl.
- 5 Pour over the dressing and mix everything together (hands are best).
- 6 Plate up with some shredded chicken and top with toasted sesame seeds. Serve immediately.

### + NO LEFTOVER CHICKEN?

Roast 2 large chicken thighs at fan 390°F/ Gas mark 7 for 25–30 minutes until cooked, then shred quickly with 2 forks to cool the meat quickly.

A refreshing summer salad with cucumber noodles and Asian flavors. This is the perfect way to use up leftover chicken or serve instead with a little fish or sliced seared beef. We love raw chopped bok choy, but you can substitute with Chinese-style cabbage or finely shredded English cabbage. Eat this within a few hours as the cucumber will start to get watery or make everything else up in advance and prepare the cucumber noodles just before serving. If you're taking this for lunch, pack the chicken first, then arrange all the veg on top so they don't get squashed, and take your dressing in a separate jar.



## DUCK TAMARIND LETTUCE WRAPS

We're big on Asian flavors, so the ingredients for this easy sauce are in our cupboard at all times. You'll probably know the tangy tamarind flavor from Thai and Southeast Asian cooking – our Mum cooks with the super-sour tamarind fruit all the time. Look for tamarind paste, which is just the fruit mixed with water, as it's easier to use than the blocks of tamarind, which contain some seeds. The sauce can be made in advance and you'll have leftovers to use in stir fries and salads – it will transform a buckwheat noodle stir-fry or leftover roast veg. Collect the duck fat in a jar for frying or roasting meats or veg in the week. Serve the wraps with Broccoli Slaw (page 88) or Carrot, Radish, and Seaweed Salad (page 86).

SERVES 2

### FOR THE DUCK

2 duck legs, about 14 oz  
½ cucumber  
4 scallions  
1 red chili  
2 Little Gem lettuces, leaves separated  
a small handful of fresh cilantro, roughly chopped  
1 lime, cut into wedges  
sea salt and black pepper

### FOR THE TAMARIND SAUCE

3 tbsp almond or peanut butter (chunky or smooth)  
4 tbsp tamarind paste  
1½ tbsp maple syrup  
2 large garlic cloves, grated  
1 teaspoon tamari  
some fresh or dried chili, to taste (optional)

- 1 Preheat the oven to fan 350°F.
- 2 Pat the duck legs dry with kitchen towel, prick the skin all over, and rub sea salt and pepper into the duck. Roast in the oven for 60–75 minutes on a wire rack. Then remove the duck, drain the fat, and leave the duck to sit for 10 minutes under foil or somewhere warm while you prepare the sauce.
- 3 Mix all the tamarind sauce ingredients together with ½ cup water, then simmer with the lid on for 8 minutes. If it's not thick enough, take the lid off and leave it to reduce until thick enough to cling to a piece of cucumber or spring onion.
- 4 Thinly julienne the cucumber and scallion and slice the red chili.
- 5 Shred the duck using two forks – don't forget to include the crispy skin.
- 6 Let everyone help themselves or assemble them on a platter to serve. Pile up each lettuce leaf with duck, cucumber, scallion, chili, and cilantro, squeeze over the lime juice and add a dollop of tamarind sauce.



## MOROCCAN CHICKEN STEW

SERVES 4

a large handful of flaked almonds  
1 tbsp ghee  
2 red onions, finely sliced  
4 garlic cloves, diced  
a thumb-sized piece of fresh root ginger (about 1 ½ oz) – unpeeled if organic – finely grated or 2 tsp ground ginger  
1 tsp ground cumin  
1 tsp ground cinnamon  
½ tsp smoked sweet paprika  
4 chicken thighs, skin on  
2 red peppers, deseeded and sliced into thin strips  
1 large lemon, cut into 6 thick slices  
a handful of green olives, stones removed

One of our favorite one-pot dishes. Once you prep everything and put the lid on, you can leave this simmering on the stove for 40 minutes while it cooks slowly, then add a handful of leaves to serve. We sometimes make this with fish fillets instead, which are quicker to cook – just add them in to poach once you're happy with the flavor and thickness of the sauce. This is also good with Cauliflower Rice (page 102) or Fennel, Cucumber, and Dill Salad (page 97). Any leftover sauce from the stew can be enjoyed the next day with some steamed quinoa and fresh veggies. Save the bones and add to the stock pot.

8 ½ oz bone broth (page 300) or vegetable stock  
4 pitted dates or dried apricots, chopped  
5 oz green beans, halved  
a handful each of fresh cilantro and parsley  
sea salt and black pepper

### OPTIONAL

a small pinch of chili powder or 1 fresh chili, chopped

- 1 In a large, dry pan, gently toast the flaked almonds for a minute – don't take your eyes off them as they burn easily. Set the almonds aside.
- 2 In the same pan, heat the ghee, then gently cook the onion for 8 minutes until softened. Add the garlic, ginger, and spices and fry for another minute.
- 3 Add the chicken thighs and cook until colored lightly on both sides.
- 4 Add the red pepper slices, lemon slices, olives, the broth, and dates or apricots. Simmer with the lid on for about 40 minutes until the chicken is cooked through.
- 5 If you find the sauce is too watery, take the lid off and leave it to reduce a little. If the sauce is too thick, add a few more tablespoons of water.
- 6 Add the halved green beans for the last 4 minutes cooking time.
- 7 Season to taste and top with the cilantro and parsley and the toasted flaked almonds to serve.



## PRAWN LAKSA

A curry rich with Malaysian spices and coconut that comes together in just 20 minutes. We use small or regular-sized prawns, but for guests we serve with a couple of big prawns, shell on, for effect. Choose cold water prawns rather than tropical and look for the sustainable logo. Lemongrass is worth seeking out with its citrus flavor and slightly gingery taste, otherwise use lime or lemon zest.

Kelp noodles are a great alternative to glass noodles so we always have them in our storecupboards ready to add to Asian-inspired salads and soups. If you can't get kelp noodles, substitute with Zucchini Noodles (page 66) or Cucumber Noodles (page 172) or serve with Cauliflower Rice made with ½ tsp turmeric (page 102).

### SERVES 2

2 ¾ oz kelp noodles  
1 tbsp peanuts (preferably “crispy” activated page 302)  
1 large onion, halved  
a thumb-sized piece of fresh root ginger (about 1 ½ oz) – unpeeled if organic  
1 red chili  
3 garlic cloves  
1 tsp coriander seeds  
1 tbsp coconut oil  
2 lemongrass, each chopped into 4 pieces and roughly bashed or zest of 1 unwaxed lime or ½ unwaxed lemon  
2 tsp ground turmeric  
½ cup bone broth (page 300), fish/shellfish stock, or vegetable stock  
1 tin of full-fat coconut milk  
4 ¼ oz snow peas  
5 oz fresh raw unpeeled prawns (use peeled if easier for you, but we like to keep them whole)  
3 ½ oz rainbow chard or other greens, finely chop the stems on the angle and slice the leaves into 3 pieces  
1 tbsp tamari

juice of 1 lime or ½ lemon  
a handful of fresh cilantro, plus more to serve

- 1 Follow the kelp noodle packet instructions (they normally say to soak them for 10 minutes in warm water, then rinse them).
- 2 In a large, dry pan, toast the peanuts over a gentle heat for a minute until golden – giving the pan a shake to make sure they are golden all over. Set the nuts aside.
- 3 Blend the onion, ginger, chili, garlic, and coriander seeds in a blender or food processor to make a paste or finely chop with a knife and bash the coriander seeds.
- 4 Using the same pan, heat up the coconut oil and add the paste, the chopped and roughly bashed lemongrass or lime zest, and the turmeric and fry for a few minutes.
- 5 Add the broth and coconut milk and turn up the heat to a medium simmer.
- 6 Add the snow peas and prawns to the pan and cook for 2–3 minutes, depending on their size and whether they have the shell on, until pink and tender. Take off the heat and stir through the kelp noodles.
- 7 Meanwhile, in a separate pan, steam the chopped chard stems and leaves with a little water, covered, for 2 minutes until tender. Season to taste.
- 8 Stir the tamari, lime juice, and fresh cilantro through the laksa and check for seasoning – you might want to add a little more tamari or lime juice, to taste. You can fish out the lemongrass, if you like, or just leave it in and eat around it.
- 9 To serve, divide the prawns between two bowls and ladle over the soup, top with chard, more cilantro, and the toasted peanuts.



**+ EXPERIMENT** – we also enjoy this with beef or some poached fish... For a vegetarian version, add some squash and juicy chunks of eggplant.

**T** HIS CHAPTER CELEBRATES PLANT-BASED MAINS, perfect for breakfast, lunch, and supper and, again, demonstrates our simple food combining principles (see page 14 for more information). Without meat, high-starch vegetables are comfortably digested along with pseudocereals, legumes, and nuts, as well as low-starch veg. By substituting these nutrient-rich whole foods for conventional carbs, you will have more sustained energy throughout the day.

We love getting creative with our cooking and have reinvented some classic dishes, using quinoa to make risotto, ground almonds to make pastry, and kohlrabi in a dauphinoise. We make pizza bases from cauliflower, burritos from buckwheat, and turn zucchinis into spaghetti and cucumbers into noodles.

We include nourishing bone broth wherever possible and plenty of extra-virgin olive oil, coconut cream, egg yolks, and other animal fats, such as cheese and butter, to help absorb the fat-soluble vitamins in the vegetables. You can also add a little meat and fish to give a deeper flavor, such as cured meat on our Flower Power Pizzas (page 194) and anchovies

in our Courgetti Puttanesca (page 210), while still eating a dish that's rich in plant foods. For vegetarians, the recipes can be adapted to suit your tastes by using a homemade vegetable stock, or water.

We always recommend buying organic food when you can. Finding a great local producer and sticking to seasonal eating will keep costs down. However, if you cannot buy all of your fruit and veg organic, prioritize the ones where you eat the skin over those that you peel (for more info see pages 12 and 308).

Organic dried legumes are cheap and organic pseudocereals are so nutrient-rich compared to grains like pasta or rice that any extra cost is money well spent on your health. These dry goods also keep for a long time so you can make savings by buying in bulk.

Before you tuck into dried legumes and pseudocereals, they need a little preparation to make them easier to digest, especially if you base your diet around them. Turn to page 14 for an explanation of why soaking and “activating” is important and turn to page 300 for instructions on how to do these crucial but simple jobs.



## HOT BUCKWHEAT NOODLE SALAD

SERVES 2 WITH A THIRD  
PORTION FOR A PACKED  
LUNCH THE NEXT DAY

### FOR THE NOODLE SALAD

6 oz buckwheat noodles  
(soba)  
extra virgin olive oil  
2 tbsp coconut oil  
1 small red onion or  
3 scallions, finely  
sliced  
a large handful of finely  
chopped carrots  
a large handful of shredded  
cabbage (we like red for  
color, but white/savoy  
are good)  
a large handful of any other  
crunchy veg, such as  
broccoli florets, sliced  
fennel, or radishes  
2 handfuls of leaves,  
such as watercress, baby  
spinach, or sliced lettuce

This is our 15-minute “please everyone” meal – a colorful dish that looks impressive and always goes down well with guests. Eat it for supper and catch up on your veg intake, enjoying the leftovers cold for a packed lunch the next day.

We always use a high ratio of vegetables in a meal to help pack in as much nutrient-dense food as possible. Here we use 100 percent buckwheat noodles, also known as soba noodles. Their high nutritional value, along with plenty of veg, means that you don't need to eat a mountain to feel satisfied.

### FOR THE DRESSING

juice and zest of 1 unwaxed  
lime or lemon (avoid  
the bitter white pith)  
1 tbsp toasted sesame oil  
2 tbsp extra virgin olive oil  
1 garlic clove, grated  
sea salt and pepper (white  
pepper is especially good  
in Asian dishes)  
a splash of tamari

### FOR THE TOPPING

a small handful of any nuts  
or seeds, such as cashew  
nuts, peanuts, almonds,  
sesame seeds, sunflower  
seeds, or poppy seeds  
(preferably “crispy”  
activated, page 300)  
a handful of fresh herbs,  
such as cilantro, mint,  
chives, basil, or Thai basil

- 1 Make the dressing by adding everything to a jam jar and shaking well.
- 2 Cook the buckwheat noodles according to the packet, using plenty of water. During the first minute of cooking use two forks to stir and separate the noodles.
- 3 When tender, drain and rinse with cold water for about 15 seconds to stop them cooking further. Set aside to drain then toss a little extra virgin olive oil through to stop the noodles sticking.
- 4 Over a medium heat, dry toast your nuts or seeds in a frying pan until golden brown then set aside. This only takes a minute so keep your eye on that pan.
- 5 Turn the heat up and add in the coconut oil and onion. After 30 seconds or so, add the “hardest” vegetables, like the carrots, and stir-fry over a high heat for 2 minutes. Add the rest of the vegetables and stir-fry for a further minute – you want to lightly cook the vegetables to retain their crunch and bright colors. Cook the vegetables a little more if you prefer, adding a few tablespoons of water helps to steam them if they catch on the bottom of the pan.
- 6 Turn off the heat, add the cooked noodles, and toss.
- 7 Add any raw leaves now. Spoon over the dressing and toss everything together. Top with the toasted nuts or seeds and herbs and let everyone help themselves from the hot frying pan.



Fennel and Mint Juice **278**  
Broccoli Ginger Juice **278**  
Classic Green Cleansing Juice **279**  
Carrot and Cayenne Boost Juice **279**  
Strawberry, Mint, and Cucumber Smoothie **282**  
Go-to Green Smoothie **284**  
Go-to Green Raw Soup **284**  
Papaya Smoothie **286**  
Chocolate, Peanut Butter, and Maca Smoothie **286**  
Blueberry, Spinach, and Vanilla Smoothie **287**  
Piña Colada Smoothie **287**  
Beet Maca Smoothie **290**  
Vanilla Maltshake with a Chocolate Swirl **291**  
Mexican Hot Chocolate **292**  
Endive Latte **294**  
Pep-up Turmeric Tea **296**  
Blueberry, Lime, and Lavender Cocktail **298**  
Spiced Apple Brandy Punch **298**

## DRINKS



powerHouse Books

**WHAT YOU DRINK IS AS IMPORTANT AS WHAT YOU EAT.** Some people aim to eat well, but overlook the importance of hydration. Staying hydrated is absolutely essential for good health; it will boost your energy, keep you alert, and improve your overall body function. Drinking water is one of the best ways to keep hydrated and two to three quarts per day is recommended for adults (depending on body size, climate, and levels of activity). Use citrus fruits, cucumber, ginger, lemongrass, or fresh mint to flavor your water. Make it taste more interesting and you're more likely to drink more without feeling like it's a chore.

Unless you are lucky enough to have access to your own mountain spring, we would recommend getting a good-quality water filter. Your average tap water is safe to drink, but can contain chloride, fluoride, traces of heavy metals (like lead and mercury), nitrates, pesticides, and hormones – things we prefer to avoid. A worktop filter jug is a good starting point and, if buying bottled water, we recommend glass over plastic bottles because plastics leach chemicals into the water (and even more so if left in direct sunlight).

It will have been hard not to notice the boom in coconut water in the last few years. We have long been fans and can remember when, if we wanted some, we had to actually order coconuts. Often referred to as the “fluid of life,” coconut water contains naturally occurring essential electrolytes in almost the same profile as the human body. We don't drink it as a water substitute because it contains natural sugars but we do use it as an energy boost in place of coffee and it's a favorite pre- or post-workout

drink. (It is also pretty helpful if you have a hangover!) Be sure to only drink pure coconut water and not the flavored, sugar-loaded varieties masquerading as health drinks.

Herbal teas, that are naturally caffeine free, come in a great variety of flavors and numerous combinations. You can make your own infusions with fresh herbs and spices: lemongrass and ginger for a boost; cardamom and fennel or peppermint and lemon verbena after a meal; elderflower and rosemary or thyme if you're feeling a bit run down; and chamomile and lavender before bed. Antioxidant-rich green tea is a boost of caffeine if you feel you need it (Matcha green tea is especially good) and makes a refreshing drink, hot or cold, in the morning but is best avoided in the afternoon so as not to affect your sleep.

Juices are a great way to get the goodness of vegetables into fussy eaters while smoothies are a clever way to sneak plenty of raw greens such as spinach and celery into your diet. Always rotate the produce for your smoothies and juices – this keeps them different so you don't get bored and it varies the nutrients. If you're not used to drinking homemade smoothies and juices, start out with a higher ratio of fruit to vegetables and gradually decrease the fruit intake as your taste buds adjust. Remember it's always best to eat ripe fruit and to thoroughly wash and/or peel non-organic produce (for more info on organic see page 12).

Avoid ice cold drinks and drinking too quickly – remember to taste and savor these liquid foods, so as not to shock your system.





**LEFT TO RIGHT**

Fennel and Mint Juice (page 278),  
Carrot and Cayenne Boost Juice (page 279),  
Broccoli and Ginger Juice (page 278),  
Classic Green Cleansing Juice (page 279)

- 2 Remove the outer leaves of the cabbage and set to one side, then quarter and remove the core. Coarsely chop the cabbage – larger pieces are more authentic, but we tend to slice into ribbons or grate in a food processor as it's much easier to eat that way.
- 3 Place the cabbage, carrot, and radish into a large glass or ceramic mixing bowl and pour over enough brine to cover – we find 3 cups water mixed with 3 tbsp sea salt does the trick. Cover the top of the vegetables with a smaller plate and weigh it down with a heavy bowl on top. Leave to stand for 5 hours or overnight and then drain the veg, reserving the brine water.
- 4 Use the small bowl of a food processor to pulse a coarse, rather than smooth, paste from the rest of the ingredients (or use a sharp knife to finely mince the garlic and fresh chilies, coarsely chop the scallions, and grate the ginger before mixing with the fish sauce). Mix this paste in with the drained vegetables, using two spoons to thoroughly coat them (or wear gloves to avoid chili burn!)
- 5 Enjoy some kimchi straightaway if you like, otherwise pack all the kimchi tightly into the sterilized jar, pressing down on it until the brine rises to cover the vegetables. Take the reserved outer cabbage leaves, roll up, and use to wedge the kimchi down beneath the brine, leaving at least around 1 inch of headspace. Seal the sterilized jar or cover tightly with some muslin cloth using an elastic band.
- 6 Leave the jar to stand at room temperature for 1–5 days to ferment. You may see bubbles inside the jar and brine may seep out of the lid – place a bowl or plate under the jar to help catch any overflow.
- 7 Check the kimchi after the first day or two (in cold weather it will take longer – watch it like a hawk in high summer!) and taste it. If you like the flavor, you can start eating it right away – transfer it to the fridge to slow fermentation. If it needs longer for your tastes, then press down on the vegetables with a clean spoon to keep them submerged and taste again a day or two later. If it's bubbling a bit, it's ready and should be refrigerated. When you open the jar don't lean over it and smell it or you'll inhale the full fizz!
- 8 Once it's fermented to your liking, store in the refrigerator for up to a month. If you want, add a sprinkle of toasted sesame seeds over the kimchi to serve.

#### HOMEMADE WASH FOR FRUIT AND VEG

Non-organic fruit and veg often have residual pesticides on their skins. To help reduce the residue, there are three washes you can use.

- 1 Mix 1 tbsp of lemon juice with 2 tbsp of baking soda

- 2 Mix ¼ cup vinegar with 2 tbsp of sea salt

- 3 Mix 1 tbsp of lemon juice with 2 tbsp vinegar

**METHOD:** Soak the fruit and veg in a clean sink filled with water and one of the above washes for 20 minutes, then rinse them thoroughly. If you use strong chemicals to clean your sink, consider using a small bucket to soak fruit and veg in instead. Baking soda is a great alternative for cleaning stainless steel sinks, by the way.

## THE SUNDAY COOK OFF

Making interesting meals from real whole foods is always going to take a little time to prepare. Sure you can steam and season some quinoa, fold through a bag of baby spinach leaves and dress with lemon juice and olive oil in the same time it takes to cook pasta and heat a supermarket sauce, but unless you're a kitchen whizz who's well practiced at these foods, then you are going to have to devote a bit more time to being in the kitchen while you master this new way of cooking. The more you do it, the quicker it becomes and with our recipes, you'll see we're fans of one-pot cooking and meals that are fuss-free with easy steps.

Here is how we get ahead to ensure that there is always something delicious and nourishing on hand in the fridge, freezer, at your desk, or in your bag. As you plan your first Cook Off, remember that this isn't about being a culinary genius, this is about being able to feed yourself in a natural and convenient way as much as you can.

Below are the eight things to do at the weekend to make your life so much easier. You certainly don't have to do them all every weekend, but once you get through the list, you'll have a huge selection of food ready to go. A handful of hours and plenty of containers (page 25) is all you need to fill your fridge and freezer with delicious home-cooked food. Get a friend involved and it will take even less time and the more you do it, the more efficient you will become. Roasting veg and simmering broth take care of themselves after the initial prep and you'll save hours of time during the week. We like to think of the Sunday Cook Off as an investment for the working week.

#### Use your freezer

We are big fans of freezing one-pot meals, so consider cooking double batches (don't worry, this doesn't mean double the work and it isn't just for families). If you have the freezer space, then you can stockpile individual portions for a freezer full of homemade

"ready meals." Be sure to label and date each dish and, over the weeks, you will build up a variety of breakfasts, lunches, dinners, breads and baked goods to pick and choose from.

Defrost large dishes thoroughly before reheating. Pull out what you want from the freezer and pop it into the fridge to defrost overnight or before you leave for work, ready to reheat on your return. For individually portioned soups and stews, you can heat from frozen. We never use microwaves, so to reheat simply pop pies and bakes into the oven to heat through, or bring stews and soups to a boil in a pan, lid on, with a splash of water, and simmer gently. Don't reheat anything more than once or freeze anything twice.

- + **SMALL OR NO FREEZER?** Use your fridge to store a stew, soup, and a big salad that you can eat over 3 days so that you're not stuck in the kitchen every night or reaching for a shop-bought ready meal at the end of a long day. Keeping a couple of dressings or toppings on hand also adds variety.

**1 ROAST** Season a whole chicken or chicken pieces with sea salt and coconut oil or ghee and roast on a bed of vegetables. Turn the vegetables a few times during cooking to baste them in the fat. Once cooked and cooled, shred the chicken ready to add to salads, stews, and stir-fries and freeze the rest for future meals. Enjoy the roasted vegetables in salads topped with watercress or fold them into cooked quinoa and sprinkle with seeds and a dressing. Leftover roasted vegetables are delicious when puréed with garlic, olive oil, and spices to make a dip or blended with broth to make soup.

While the chicken is roasting, add a whole butternut squash to the oven (cutting one in half can often be a tough job so we don't bother). Place in the bottom of the oven and bake until tender when pierced, then chop or scoop out the flesh ready to use in salads, stews, or soups. You can also add it to porridge (page 34), smoothies, or use it to bake bread (Multiseed Loaf page 273).

**2 BONE BROTH** Once you've shredded the cooked chicken, simmer the chicken carcass or bones to make broth for the week and freeze in portions (page 300). Alternatively, use beef or lamb bones (ask your butcher, they are often free). A quick supper is onions, cabbage, and egg poached in the hot broth. For more ideas, try our Chicken Pho (page 66) or Tinola (page 56), which never fails to lift our spirits. Leftover pesto, dips, veg, quinoa, or meat can be stirred into broth to magically transform it into a delicious and warming soupy feast.

Always have red split lentils on hand for last minute dishes – no need to soak. Our Sunday favorite growing up was our mum's leftover soup – a peppery minestrone-esque affair with diced up odds and ends of vegetables that was different every week. Try an exotic version with the spices from our Prawn Laksa (page 178).

- + **DON'T ADD CABBAGE, CAULIFLOWER, OR BROCCOLI (CRUCIFEROUS VEGETABLES)** to stocks, broths, or slow cookers as they don't do well with long cooking. If you want them in your soups or stews, add them in towards the end of the cooking time.

**3 SOAK** When it comes to nuts, seeds, legumes, and pseudocereals, make sure you change them up for variety and get into the habit of soaking them in advance. With a few exceptions, 8 hours or overnight soaking is fine. For more info on soaking and activating, see page 302.

**4 SIMMER** Soaked quinoa can be simmered with water or bone broth and over the course of the next few days it can be turned into quick lunchbox salads or teamed with vegetable stews and curries. Cook soaked legumes (page 301) in water or bone broth until tender and turn into a dip or an easy midweek supper, such as Dahl (page 186) or Smoky Baked Beans (page 208). Stored in the fridge, these dishes will keep for 3–4 days. Beans also bulk out a soup or blend them in to make it extra creamy.

Don't forget about breakfast: batch cook Buckwheat and Amaranth Porridge (page 34) and freeze in portions so you have variety on hand all week.

**5 BAKE** Bake a bread like Multiseed Loaf (page 273) or Banana Bread (page 248), slice, and freeze. Or make some Flax Sandwich Bread (page 272) for the perfect lunch on the go. Bake a batch of muffins or cookies and freeze in portions so that you always have a satisfying sweet ready when you need it.

**6 PREP** Prep smoothie ingredients for easy mornings: chop up apples, pears, banana, spinach, kale, celery, and berries and freeze in individual portions so you can add them straight to the blender every morning for a fresh smoothie. This is a great way to use up fresh fruit and vegetables before they turn or a bulk buy bargain at the farmers' market. Drink at room temperature.

**7 BLEND** Make dressings with fresh herbs, chopped or blended with apple cider vinegar, lemon juice, and flax or olive oil. Take a jar to work on a Monday so that