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Cooking at home  
Spring 2021



**Welcome to our recipe book for spring 2021. I am often asked for tips and recipes for quick, easy dinners that are both tasty and healthy, and at the same time, easy to prepare.**

In here, you will find a number of dishes that I and other chefs from the group have put together with all of these elements in mind.

Most of these dishes are created using just one pan with very little prep involved, except for some chopping.

Some of the recipes include a link to videos to give you tips on putting them together, so that you can see how easy they are. Under each recipe, you will find its nutritional information, we've also highlighted when a recipe is rich in specific vitamins and minerals.

Please use these recipes as a guide, and as ever, if there are ingredients within them that you are not keen on, feel free to switch them out for ingredients that you are.

I do hope that you will try and enjoy some of these recipes, either on your own or with loved ones. My top tip is to enjoy the process of cooking these dishes almost as much as eating them.

**Happy Cooking**



## HARISSA BAKED SALMON, PRESERVED LEMON BULGUR WHEAT

Makes 2 portions

### Ingredients:

2 x 5oz salmon portion  
20g rose harissa paste  
200g bulgur wheat  
1 veg stock cube  
250ml water  
10g ras el hanout spice  
10ml olive oil  
20g chopped preserved lemon  
20g flat parsley, finely chopped  
25g chopped roasted peppers  
2 spring onions  
1 red chilli (optional)

### Method:

1. Firstly, prepare the bulgur wheat by placing the water, stock cube, olive oil, ras el hanout spice into a large saucepan with a generous pinch of salt and bring to a simmer. Pour in the bulghur wheat whilst still simmering, then place on a lid and remove from the heat, allow to sit for 15 minutes.
2. Remove the lid and using a fork, fluff the wheat and fold in the chopped parsley, peppers and chopped preserved lemon.
3. Cook the salmon by coating all over with the harissa paste, then bake in the oven set to 170°C for 10 -12 minutes until the salmon is cooked but still a little pink in the middle. Finely chop the spring onion and red chilli (if using).
4. Serve the salmon on top of the bulgur and garnish with the spring onion and chilli.

652kcal, 36g protein, 31g fat, 4.8g sat. fat, 56g carbs, 2.6g sugars, 7.7g fibre, 1.6g salt  
High in protein. Rich in vitamins D, E plus iron and selenium



## YAKITORI CHICKEN, STICKY RICE, STEAMED BROCCOLI

Makes 2 portions

### Ingredients:

2 x 5oz chicken breast  
60ml yakitori marinade  
(20ml light soy, 20ml rice wine,  
20ml mirin)  
2 bamboo skewers  
160g sprouting broccoli  
160g sushi rice  
190g water  
20ml sushi rice seasoning  
5g furikake seasoning  
10g pickled ginger slices

### Method:

1. Prepare the chicken by dicing into large cubes (approx. 6 from each chicken breast), toss this in a bowl with the yakitori marinade, cover with cling film and leave for 1 hour.
2. When ready to cook, remove from the marinade, keeping to one side to glaze the chicken as it cooks. Thread the chicken onto the skewer with a slice of pickled ginger in between pieces and place into a frying pan on a moderate heat and begin to cook.
3. When the chicken is cooked through, add the marinade to the pan and reduce, whilst rolling the chicken in it to form a nice brown glaze.
4. For the rice, rinse well in a sieve under cold running water until the water runs clear, place in a pan with the water and bring to the boil. Turn down heat to its lowest setting, so that the water is barely moving and cook under a lid for 10 minutes. Remove from heat and leave for another 10 minutes before removing lid.
5. Steam the broccoli until tender.
6. Stir the sushi seasoning through the rice then serve in a bowl with the chicken and broccoli on top, sprinkle the furikake seasoning over the chicken and some shredded fresh ginger on the broccoli.

530kcal, 38g protein, 3.6g fat, 1g sat. fat, 79g carbs, 15g sugars, 4g fibre, 1.6g salt  
High in protein. Rich in vitamins C, B1 and folate plus zinc and selenium



## MED VEG TRAY ROAST WITH FETA AND ZA'ATAR SPICE

Makes 2 portions

### Ingredients:

- 1 red pepper
- 1 green pepper
- 1 small aubergine
- 12 cherry tomatoes
- 20ml olive oil
- 15ml red wine vinegar
- 1 red onion
- 100g sweet potatoes
- 10g fennel seeds
- 2 cloves garlic
- 10 basil leaves
- 100g feta cheese
- 25g good quality green olives
- 10g za'atar
- salt and black pepper

### Method:

1. Cut the pepper, aubergine, red onion into large rough cubes, slice the new potatoes into 5mm thick discs and halve the tomatoes. Toss all of this in the olive oil with the fennel seeds, salt and pepper, red wine vinegar and roast in a hot oven set at 200°C for 20 - 25 minutes or until soft and starting to char.
2. Transfer the cooked veg to a serving plate and finish by crumbling on the feta, basil leaves and za'taar.



452kcal, 14g protein, 29g fat, 9.6g sat. fat, 27g carbs, 17g sugars, 12.5g fibre, 2.3g salt  
Rich in vitamins C, B1, B6 and folate plus calcium, phosphorus and copper



## HERB CRUMBED COD WITH WHITE BEAN, TOMATO AND PAPRIKA STEW

Makes 2 portions

### Ingredients:

- 2 x 5oz fresh cod portion
- 150g cooked haricot beans
- 75g chopped onion
- 2 cloves garlic, peeled and finely chopped
- 20ml olive oil
- 10g smoked paprika
- 1 red pepper
- 300g chopped tomatoes
- 25g breadcrumbs
- 5g fresh parsley
- 5g chives
- 5ml olive oil
- 5g finely grated Parmesan
- Salt and pepper

### Method:

1. To make the bean stew, fry the onions and garlic in a large saucepan (one that can go into the oven) in the olive oil gently, without colour, for 5 - 6 minutes until soft, then add the diced pepper and chopped tomatoes and cook for 20 minutes on a low heat. Stir in the white beans.
2. Continue to cook together until everything is soft, keep hot.
3. Finely chop the herbs and mix with the bread crumbs, Parmesan and melted butter.
4. Season the cod with salt and pepper, then place on top of the stew, sprinkle over the breadcrumbs then bake in the oven at 180°C for 10 minutes or until the fish is cooked and the breadcrumbs lightly browned.



465kcal, 33g protein, 18g fat, 5.5g sat. fat, 35g carbs, 13g sugars, 14g fibre 1.4g salt  
High in protein, High in fibre. Rich in vitamins A, E, C, B1, B3, B6, folate, B12 plus phosphorus, iron, copper, selenium and iodine





## TURKEY BURGER, SWEET POTATO WEDGES

Makes 2 portions

### Ingredients:

2 wholemeal burger buns  
240g minced lean turkey  
2 x medium sweet potatoes (400g)  
10ml olive oil  
20g Cajun spice  
1 gem lettuce  
2 vine tomatoes  
1 large pickled gherkin  
20g parsley  
Salt and pepper  
1 tbs Flying Goose brand sriracha mayonnaise (or whichever spicy sauce you prefer)

### Method:

1. For the wedges, wash the sweet potatoes well, then cut into large wedges. Toss these in the olive oil and half of the Cajun spice, season well with salt and freshly milled black pepper, then roast on a hot oven at 200°C for 30 minutes or until cooked through and browned.
2. Mix the other half of the Cajun spice into the turkey mince along with the chopped parsley, salt and pepper and form into a burger patty approx. 1.5cm thick.
3. Slice the tomatoes and gherkin, cut the leaves from the lettuce, wash and drain well.
4. Pan fry the turkey patty until golden brown and cooked through, it should have a core temp of 75°C.
5. Toast the burger bun then build your burger with the lettuce, tomato, gherkin, the patty and finish with the sriracha mayo.

604kcal, 35g protein, 15.5g fat, 2.5g sat. fat, 74g carbs, 16g sugars, 14g fibre, 2.4g salt  
High in protein. Rich in vitamins A, E, C, B1, B3, B6, folate and B12 plus potassium, phosphorus, magnesium, iron, zinc, copper and selenium



## GRILLED HALLOUMI, FATTOUSH SALAD, SPICY TOMATO DRESSING AND WHOLEMEAL PITTA

Makes 2 portions

### Ingredients:

2 gem lettuces  
2 plum tomatoes  
4 radishes  
2 spring onions  
Small piece of cucumber  
1 lemon  
10g sumac  
150g sliced halloumi  
2 wholemeal pitta bread  
For the dressing: (use 10ml per person and save remaining dressing for other uses)  
25g sundried tomatoes  
50g roasted red peppers (from a jar)  
75ml good olive oil  
10ml sherry vinegar

### Method:

1. Prepare all the salad items, wash well and allow to drain.
2. Toss the salad with juice of half a lemon and place into a serving bowl, sprinkle over the sumac.
3. To make the dressing, simply blend the dressing ingredients together until smooth, transfer to a small bowl.
4. Season the halloumi with salt, black pepper and a drizzle of olive oil, place under a hot grill and cook until well browned and starting to crisp.
5. Serve the hot halloumi on top of the salad with the grilled pitta on the side.

504kcal, 27g protein, 24g fat, 13.5g sat. fat, 39g carbs, 9g sugars, 8g fibre, 3g salt  
High in protein. Rich in vitamins A, C and folate plus zinc and iodine

If you want to reduce the fat, saturated fat and salt in this recipe, as well as lowering the calories to 426kcal per serving, you can use 50g of halloumi per person instead of 75g.



## FUSILLI ALLA PUTTANESCA TOMATO AND BASIL SALAD

Makes 2 portions

### Ingredients:

200g dried fusilli pasta  
125g tinned tuna  
2 garlic cloves  
200g chopped tomatoes  
1 lemon  
20g good quality black olives  
15g capers  
4 anchovy fillets  
10g flat leaf parsley  
Pinch of red chilli flakes  
4 ripe plum tomatoes  
1 red onion  
15ml good quality olive oil  
12 basil leaves

### Method:

1. Place the pasta in a pan of boiling salted water and cook for 10 - 12 minutes until cooked.
2. Whilst the pasta is cooking, make the sauce. Peel and finely slice the garlic, fry in the olive oil until golden brown, then add the capers, tuna, chopped tomatoes, black olives and simmer together for 1 minute.
3. Drain the pasta, keeping aside a small ladle of the cooking water.
4. Add the pasta straight to the pan of sauce and mix well, adding in a few spoons of the cooking water to create a sauce that coats.
5. Serve with a salad made from slicing the tomatoes, finely sliced red onion, olive oil and torn basil leaves.



635kcal, 35g protein, 16g fat, 2g sat. fat, 85g carbs, 16g sugars, 8g fibre, 2.8g salt  
High in protein. Rich in vitamins A, E, B1, B3, B6, folate, B12 plus phosphorus, magnesium, iron and selenium

You can lower the calories of this dish to 566kcal by using 80g of pasta per person



## PORK TERIYAKI MEAT BALLS, RICE NOODLE SALAD

Makes 2 portions

### Ingredients:

240g lean pork mince  
20g breadcrumbs  
2g Chinese 5 spice  
1g garlic powder  
150g flat rice noodles  
10 mint leaves  
10 coriander leaves  
½ juiced lime  
60ml teriyaki marinade (20ml light soy, 20ml mirin, 20ml sake or rice wine vinegar)  
5ml soy  
5ml rice wine vinegar  
5ml sesame oil  
1 green chilli  
1 small piece fresh ginger  
1 green pepper  
50g mangetout  
Pinch of toasted sesame seeds

### Method:

1. Firstly, to make the pork meat balls, mix together the lean mince with the breadcrumbs, five spice and a generous sprinkle of salt and black pepper. Roll into small 15g balls, then roast in an oven at 180°C for 10 - 12 minutes until cooked through.
2. For the salad, finely shred the green pepper, chilli, ginger, mangetout and herb leaves and place together in a bowl.
3. Cook the rice noodles and allow to cool, then mix together with the other shredded ingredients, the soy, sesame oil and juice of half a lime.
4. Serve the hot pork on top of the salad, sprinkle with the sesame seeds.



567kcal, 33g protein, 12.6g fat, 3g sat. fat, 77g carbs, 5.6g sugars, 6.5g fibre, 2.1g salt  
High in protein. Rich in vitamins B1, B2, B3, B6, B12 plus potassium, phosphorus, iron, zinc, copper and selenium





## SOUTH INDIAN FISH CURRY

Makes 2 portions

### Ingredients:

20ml vegetable oil  
1 onion, finely chopped  
1 garlic clove, crushed  
Small piece of ginger, chopped  
5g cumin seeds  
5g brown mustard seeds  
15g spice blend (5g turmeric, 5g garam masala, 5g ground cumin)  
300g chopped tomatoes  
150ml light coconut milk  
240g diced white fish  
5g fresh curry leaves  
10g fresh coriander, roughly chopped  
250g cooked rice  
Juice of ½ lemon

### Method:

1. Heat the oil in a heavy based saucepan, add the cumin seeds and cook until sizzling, then add the mustard seeds and chopped onion. Cook for 10 minutes or so on a low heat until well cooked and lightly browned.
2. Add the tomatoes, garlic, coconut milk and ground spices then bring to a simmer, turn the heat down and cook gently for 20 minutes, stirring to prevent the sauce sticking.
3. Add the diced fish and cook for 5 - 6 minutes.
4. Fry the curry leaves in a little hot oil until they turn crisp and fragrant, then add straight to the sauce. Simmer for a further 2 minutes before serving.
5. Serve with rice and freshly chopped coriander leaves.



547kcal, 32g protein, 22g fat, 6g sat. fat, 55g carbs, 11g sugars, 5.6g fibre, 1g salt  
High in protein. Rich in vitamins A, E, B1, B3, B6, B12 plus potassium, phosphorus, magnesium, iron, copper, selenium and iodine



## CHANA MASALA

Makes 2 portions

### Ingredients:

2 tins chickpeas  
15ml veg oil  
1 teaspoon cumin seeds  
1 onion, finely chopped  
30g ginger garlic puree  
1 tin chopped tomatoes  
1 tsp turmeric  
1 tsp cumin  
1 tsp coriander  
1.2 tsp chilli powder  
1 green chilli, finely chopped  
1 tsp garam masala  
10g fresh coriander  
1 lemon

### Method:

1. Start by sizzling the cumin in the oil until nice and brown and fragrant, add the chopped onion and cook till golden brown and soft, then add the ginger and garlic paste.
2. Add the tomatoes, dry spices and cook for a few minutes before adding in the chickpeas.
3. Continue to cook for 15 minutes.
4. Finish with lemon juice and chopped coriander, this dish is great on its own or serve with rice and raita.

488kcal, 23g protein, 16g fat, 1.3g sat fat, 55g carbs, 15g sugars, 16g fibre, 0.5g salt  
Rich in vitamins E, C, B1, B6 and folate plus potassium, phosphorus, magnesium, iron and copper



# HEARTY CHICKEN AND VEGETABLE BROTH, SALSA VERDE

Makes 2 portions

## Ingredients:

1 small whole chicken (200g lean chicken per person)  
1 chicken stock cube  
1.5 litres water  
2 bay leaves  
2 springs of thyme  
8 black peppercorns  
2 leeks  
6 baby turnips, peeled  
6 baby onions, peeled  
50g carrots, peeled and cut into thick slices  
50g broad beans  
2 large red skinned potatoes, peeled and cut into 2cm cubes  
3 garlic cloves  
For the salsa: (use 1 tablespoon per serving and save the remaining salsa for other use)  
10g capers  
10g Dijon  
10g parsley  
10g basil  
1 garlic clove  
50ml good olive oil  
2 anchovy fillets

## Method:

1. Make the salsa verde by blending all of the ingredients together until well combined, but not pureed. Leave in fridge till needed.
2. Place the chicken in a large pan big enough to take all of the ingredients, pour in the water, adding more if needed to cover the bird, sprinkle over the stock then slowly bring up to a simmer. Simmer for 15 minutes, then remove all of the froth and fat that rises to the top.
3. Add the herbs, garlic cloves, peppercorns, baby onions and turnips and lower the heat to its lowest setting, cover with a lid and cook for 45 minutes.
4. Remove the lid, then add in the potatoes, leeks and carrots, cook for a further 20 minutes.
5. Allow to cool slightly, then carefully remove the chicken from the broth and carve off the breast and legs.
6. Remove any visible fat from the broth, then serve in deep bowls with salsa verde.

533kcal, 55g protein, 14g fat, 2.7g sat fat, 41g carbs, 19g sugars, 12g fibre, 2.8g salt  
High in protein. Rich in vitamins A, C, B1, B2, B3, B6 and folate plus potassium, phosphorus, magnesium, iron, zinc, copper and selenium



# GRILLED MACKEREL, WARM NEW POTATO SALAD, WATERCRESS

Makes 2 portions

## Ingredients:

4 medium mackerel fillets  
15ml vegetable oil  
200g new potatoes  
3 spring onions, finely chopped  
6 sprigs of dill, chopped  
15g chopped chives  
1 lemon, zest and juice  
Salt and black pepper  
50g half fat crème fraiche  
2 tsp grain mustard  
1 bunch of watercress leaves

## Method:

1. Wash the watercress well and remove any thick woody stalks, then drain.
2. Wash the new potatoes, then place in a saucepan with enough water to cover them, add salt to taste then bring up to a simmer, cook for 15 - 20 minutes or until soft.
3. Drain the potatoes and allow to cool until you can pick them up but still warm, slice them into 2-3mm discs and place into a bowl with the crème fraiche, spring onion, dill, chives and season with salt and pepper. Toss together until coated.
4. Rub the mackerel fillets with a little olive oil, season and place under a hot grill to cook until the skin is crisp and golden brown, and the mackerel is cooked through.
5. Serve the mackerel fillets on top of the warm potato salad, with a wedge of freshly cut lemon and the watercress at the side.



548kcal, 31g protein, 39g fat, 9g sat. fat, 17g carbs, 3g sugar, 3g fibre, 1.8g salt  
High in protein. Rich in vitamins A, D, C, B1, B2, B3, B6 and B12 plus potassium, phosphorus, selenium and iodine





## CHICKEN LAKSA

Makes 2 portions

### Ingredients:

300ml chicken stock  
 150ml reduced fat coconut milk  
 200g chicken thighs  
 1 clove garlic, peeled  
 10g fresh ginger, peeled  
 5ml soy sauce  
 10ml sesame oil  
 5ml fish sauce  
 1 red chillies  
 3 spring onions  
 50g crunchy peanut butter  
 250g butternut squash  
 120g flat rice noodles  
 20g fresh coriander

### Method:

1. Peel the butternut squash, dice into large 1 inch cubes.
2. In a large saucepan, add the chicken stock, coconut milk, chicken thighs and butternut squash and bring to a simmer, cook for 30 minutes.
3. Make a paste by blending the garlic, ginger, turmeric, coriander, sesame oil, soy sauce, fish sauce, chilli, spring onion and peanut butter, whisk this into the pan and simmer for 5 minutes, check the seasoning and add salt and milled black pepper to taste.
4. Cook the rice noodles in a separate pan of boiling water for 5-6 minutes or until soft, carefully drain, then divide between your serving bowls..
5. Ladle over the laksa ensuring an even distribution of the meat and squash, then garnish with chopped coriander, sliced red chilli and spring onions.

658kcal, 36g protein, 27g fat, 8.6g sat fat, 66g carbs, 9.6g sugars, 4g fibre, 2.7g salt  
 High in protein. Rich in vitamins A, C, B1, B3, B6 and folate plus potassium, phosphorus, copper and selenium



## HARISSA CAULIFLOWER, TABBIOULEH COUSCOUS

Makes 2 portions

### Ingredients:

120g couscous  
 250g water  
 1 vegetable stock cube  
 Small pinch of salt  
 3 spring onions  
 20g fresh mint, roughly chopped  
 20g fresh parsley, roughly chopped  
 20g fresh coriander, roughly chopped  
 1 lemon  
 30ml good olive oil  
 1 large cauliflower  
 10g smoked paprika  
 50g good quality harissa paste (Belazu for example)  
 20g pomegranate seeds

### Method:

1. Make the tabbouleh. Bring the water to the boil with the stock cube, salt, paprika, half the olive oil then pour in the couscous and stir. Remove pan from the heat, cover with cling film or a tight-fitting lid and allow to cool.
2. Chop the spring onions, mint, coriander, flat parsley and fold this into the cooled couscous, along with the juice of 1 lemon.
3. Remove the outer leaves from the cauliflower and then cut into 4 wedges, trim the stalky bit but keep the wedges intact. Mix the harissa paste with the remaining olive oil then rub into the cauliflower, making sure each wedge is well coated.
4. Lightly salt the cauliflower wedges with a small pinch of salt and add a few twists of black pepper, then roast in a hot oven at 220°C for 25 - 20 minutes or until the cauliflower is slightly charred at the edges and soft in the middle.
5. Serve the cauliflower over the tabbouleh couscous and garnish with some fresh chopped parsley, spring onion and pomegranate seeds.

542kcal, 17g protein, 24g fat, 3g sat fat, 60g carbs, 12g sugars, 12g fibre, 2g salt  
 Rich in vitamins A, C, B1, B6 and folate plus potassium, phosphorus, iron, copper and manganese



## EASY BANANA CAKE (VEGAN)

Makes 1 loaf tin

### Ingredients:

115g self-raising white flour  
115g self-raising brown flour  
80g soft light brown sugar  
¼ tsp bicarbonate soda  
1 tsp baking powder  
25g fine ground flax  
2 large bananas  
1 tsp vanilla essence  
100g sunflower oil  
250g almond/soy milk  
Salt  
Cinnamon

### Method:

1. Prepare a parchment lined cake tin.
2. In a large mixing bowl, blend together the flour, bicarbonate of soda, baking powder and set aside.
3. In a separate bowl, mash the two bananas. Then add in and whisk the maple syrup, sugar, oil, vanilla, almond milk, ground flax and the vinegar. Ensure the wet ingredients are well whisked and almost frothy.
4. Gently fold in the flour and baking powder mix until combined. Don't over mix or take too long, (the cake needs to go into the oven as soon as possible after mixing the wet and dry ingredients together). Pour the batter into the cake tin, sprinkle caster sugar over the top of the batter.
5. Bake at 170°C for 45-50 minutes.



## LEMON, ALMOND AND POLENTA CAKE (VEGAN)

Makes 1 loaf tin

### Ingredients:

2 lemons

#### Dry mix:

200g ground almond  
150g fine polenta  
100g coconut flour  
200g light golden caster sugar  
1 tsp bicarbonate of soda  
1 tsp baking powder

#### Wet mix:

100ml soy or coco yoghurt  
100ml light oil  
200ml almond milk  
2 tbsp ground flax  
½ tsp salt

### Method:

1. Cover the lemons with water in a large saucepan, bring to a simmer and cook for 30 minutes. Allow to cool, then cut the lemons in half and remove pips, then blend the lemons with 50ml of the cooking water to a smooth purée.
2. Add the lemon purée to the wet mix and whisk for a few minutes.
3. Fold the wet mix into the dry mix and mix well until combined, pour into a lined cake tin and bake at 175°C for 45 - 60 minutes or until cooked through, (a skewer should come out clean when inserted into the middle of the cake).

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