

December 2020 Cook-a-long recipes



(Each recipe makes 2 servings)

Lentil Dahl (this is a great recipe to make in bulk & freeze)

1 tbsp of ghee if you have it, coconut oil or olive oil

Dried red split lentils 200g

1 tsp ground Cumin

1 tsp ground Turmeric

½ tsp ground Coriander

2 Cardamon pods, crushed

Cayenne pepper to taste (I usually use a teaspoon)

1 large onion, diced

Thumb sized piece of ginger, peeled and grated or finely diced

3 garlic cloves, grated or finely diced

1 large carrot, diced

2 celery sticks, diced

1 can coconut milk (minus the 2 tbsp for pudding)

1/2 stock pot or cube (vegetable or chicken) or bone broth

Small bunch of fresh coriander (stalks finely chopped and leaves roughly chopped)

- Add the stock pot/cube to 200ml of boiling water and let dissolve, stirring occasionally.
- Dry fry the dry spices on a medium heat in a saucepan for a couple of minutes.
- Add the ghee or oil, onion, garlic and ginger and allow to soften for 10 minutes.
- Add the diced carrot and celery, lentils, coconut milk and the stock. Bring to the boil then simmer for 20 minutes.
- Add the coriander stalks, and more liquid if necessary, then simmer for further 10 minutes until the lentils are tender.
- Serve with roughly chopped coriander leaves.

Sag paneer

Touch of oil (same as before, ghee, coconut oil or olive oil)

150g paneer or halloumi, cubed

½ large onion, diced

1 clove of garlic, grated

1cm knob of ginger, peeled and grated

½ tsp ground turmeric

½ tsp ground cumin

½ tsp coriander

½ tsp cayenne pepper

Pinch ground black pepper

Bag of baby spinach

2 tbsp of plain live yoghurt

- In a high-sided frying pan or wok, fry the cubed paneer or halloumi in a little ghee or oil until lightly browned. Remove from the pan and set aside on a piece of kitchen roll.
- Add the onion, garlic, ginger and spices to the pan and soften for 10 minutes or until soft.
- Add the bag of spinach (wash and drain if not ready washed) and stir until wilted.
- Remove the mixture from the heat and blitz with a hand blender, it does not need to be completely smooth. If you'd rather not do this or don't have a hand blender finely slice the spinach before adding to the pan.
- Add the yoghurt and cooked paneer/halloumi and return to a low heat to warm through.

Curried chicken breasts

2 skinless, boneless chicken breasts

2 tbsp plain live yoghurt

1 tsp curry powder

½ tsp cayenne pepper or to taste

1 garlic clove, grated or crushed

1tsp lime juice

- Heat oven to 180
- Mix the yoghurt, curry powder, cayenne, garlic, and lime juice in a small bowl.
- Add the chicken breasts and coat in the mixture, set aside until the oven gets to temperature.
- Place chicken breasts in an oven proof dish, cover with any left over mixture and bake for 30 minutes.

Avocado chocolate mousse (stay with me now, I know this sounds weird!)

¼ cup cacao powder or unsweetened cocoa powder

1 large ripe avocado

2 tbsp maple syrup / honey

2 tbsp coconut milk

½ tsp vanilla extract

Tiny pinch of sea salt

Raspberries and pinch of cacao powder to serve

- Put all of the ingredients in a food processor and blend until smooth. You can also add some additional flavouring of your choice if you like, for example, cinnamon and/or chilli.
- Divide into 2 ramakins, tap to settle the mixture and pop in the fridge to chill.
- Serve with fresh raspberries, or a berry of your choice, and a pinch of cacao powder sprinkled on top.