

Lunches for 3 – day Gut Health Course

Butter bean, leek and chard soup



Ingredients

1 jar or tin of cooked butter beans
200g approx
4 cups of chopped chard, kale or
spinach raw - then steam
2 leeks washed and chopped
2 carrots washed and chopped
2-3 sticks of celery washed and
chopped
3 cloves of garlic
1 litre of vegetable stock or broth
Fresh or dry parsley and thyme
Black pepper
Garlic powder
2 bay leaves
Butter or olive oil

Preparation:

Saute the leeks, carrot and garlic
with a little oil of butter or oil until
golden brown now add the rest of
the ingredients and simmer for 10-
15mins, add more stock or water
and season to taste.
Top with a knob of butter or drizzle
of oil and chopped herbs.
Serve with a gluten free bread,
*buckwheat pancake

Sweet potato hash with greens, smokey beans and avocado



Ingredients:

1 sweet potato cut into small cubes and steamed until nearly cooked
2 cups of kale chopped - stems removed
½ onion finely chopped
4-6 cherry tomatoes halved
1-2 cloves of garlic
Olive or coconut oil
Salt and pepper

Sweet potato hash

Preparation

Sauté onion and garlic. Add the sweet potatoes and cook for 5 mins add the kale and the cherry tomatoes . Cook for a few minutes .

Ingredients:

200g cooked black or aduki beans
½ onion finely chopped
1-2 cloves of garlic, grated or chopped
2 tsp cumin
2tsp cacao powder
2 tsp tomato purée
1 tsp smoked paprika or sweet paprika

Smokey beans

Preparation:

Sauté onion and garlic with the spices add the beans and tomato purée. Simmer and add a little water if needed season with salt and pepper

Roasted cauliflower with lemon garlic green beans and almond sauce



Roasted cauliflower

Ingredients:

1/2kg of cauliflower cut into florets
2tsp of ground cumin
1-2 tsp of ground turmeric
5cm of ginger grated
50ml of olive oil or melted coconut oil
Salt And pepper

Preparation:

Pre heat oven to 200c
Mix all spices with the oil and cover the cauliflower florets..
Place on a baking tray and roast for 20 to 40 mins check at intervals

Lemon green beans

100g fresh green beans
½ lemon juiced and zest removed
2 cloves of garlic and olive oil
Salt and pepper

Steam the beans for 5-8 mins
Mix some olive oil about 2-3 tbsp with the lemon and garlic and dress the beans

Almond cream

½ cup of ground almonds or peeled almonds
¼ cup of water
Squeeze of lemon
Pinch of salt and pepper
*optional 1 tsp nutritional flakes

Place all ingredients in a blender and mix until smooth add extra water if you desire a thinner cream. Gently heat if preferred