

Evening meals 3 day gut health course

Buddha bowl with tofu, brown rice and miso dressing

Serves 2



Ingredients

100g short brown rice
1 pack of tempeh 200g or firm tofu, shitake or portobello mushrooms or a mix
6-8 spears of asparagus
4 handfuls of kale chopped fine or spinach
2 radishes
10cm of cucumber
4tbsp of toasted mixed seeds(pumpkin,sunflower,sesame,almond,walnut)
Tamari
Sesame oil/coconut oil

- Optional extras pea shoots,radish sprouts, alfalfa or mung sprouts, watercress,sauerkraut or kimchi

Preparation:

If possible soak the rice overnight or for as little as 15mins! Rinse well and place in a pan of boiling salted water and boil for a couple of minutes and reduce the heat to a simmer and cover check after 8mins and when cooked drain.(you can add some turmeric,lemongrass,lemon peel ,1-2 star anise or couple of cloves when cooking for flavour and herbal benefits)

Slice the tempeh/tofu or mushrooms in pieces and toss with a little oil and a little tamari if using an unflavoured variety. Marinate whilst you prepare your veggies.

Miso dressing 1

2tbsp miso
2tbsp of sesame or coconut oil or tahini
1 clove of garlic
3cm of ginger
150ml of water
Chilli or szechuan pepper

Miso dressing 2

2 tbsp miso
150 ml of live yoghurt
1 clove of garlic
½ tsp chilli flakes
Salt and pepper

Preparation:

Place all in a blender and blend until smooth season to taste

In a bowl serve the rice and tempeh etc with the veggies and top with the dressing and toasted seeds, sprouts and other compliments

Moroccan chickpea Stew, served with herby millet or quinoa Serves 3-4



Ingredients:

1 onion sliced
2 cloves of garlic chopped or grated
5cm piece of ginger chopped or grated
* optional 2-3cm of fresh turmeric
1 tsp of ground turmeric
2 tsp of ground cumin
1 fresh chilli or ¼ tsp of chilli powder
*optional 2tsp tomato purée
½ kg of butternut squash or sweet potato
1-2 carrots depending on size or 1 courgette sliced in chunks
1 red pepper cut into 5cm chunks
500g tinned tomatoes chopped or fresh
1 cup of water or vegetable stock
200g of cooked chickpeas
4 dried prunes
re-hydrated in a little boiling water
cut in halves
Olive oil

Preparation:

Heat 1-2 tbsps of olive oil in a large pan, saute the onion and garlic when softened add the spices and cook for a couple of minutes on a moderate heat.
Add the vegetables, chickpeas and the water/stock cover and simmer.
Check and stir at five to ten minute intervals, add more liquid if needed when nearly cooked, add the prunes and turn off the heat with a lid on.

Herby millet or quinoa

Ingredients:

50g per person of millet or quinoa soaked 5mins and rinsed
½ cup of chopped herbs - coriander, parsley, mint or a mix
4 dried apricots re-hydrated in a little hot water chopped finely
*optional 4 tbsp of toasted mixed seeds - pumpkin, sunflower, sesame
*optional 2 teaspoons of finely chopped preserved lemons
Olive oil
Salt and pepper

Preparation:

Boil a pan of water about 1.5 - 2 litres add salt or vegetable stock powder
When boiling add the millet or quinoa and reduce heat to simmer. Millet will cook quicker than quinoa so check after 8-10min and when just soft drain through a fine colander/sieve. Leave to stand and shake out excess water. Empty into the pan or bowl and add the other ingredients and mix gently

To serve:

Place the millet on your plate and spoon over the vegetable stew and pour some cream on top and scatter with the chickpeas, you might want to add a grated beetroot salad and some rocket and garnish with pomegranate seeds or olives.

However you could add more water or stock and have as a chunky soup or blend for a smoother consistency.

The ingredients are great for autumn and winter as they contain a lot of the powerful antioxidant beta carotene which will assist your immunity and gut health, the spices are also great for their anti-inflammatory properties protecting us against free radicals and winter colds and viruses. Making this meal is a nourishing and versatile option that is easy and tasty to make.

Plant burger with sweet potatoes and Avo-mayo



Ingredients: Burgers

250g beetroot (cooked)
100g mushrooms
1 onion or leek
2 cloves of garlic
¾ cup cooked millet/quinoa
2-3 tsp ground cumin
¼ - ½ cup walnuts
¼ cup seeds
1-2 tsp Dry herbs oregano or parsley
Approx 6tbsp of chickpea flour
1tbsp tamari
Salt and pepper

Preparation:

Pre heat oven 180/200 C
Sauté onion with the garlic and had the cumin. Fry the onion and the mushrooms. Put all the ingredients for the burger except the chickpea flour into a food processor and mix leave some texture . Empty into a bowl and add the chickpea flour and mix . You can add more flour but the mix is good quite wet !
Form into burgers and put on a baking tray with baking paper on.
Bake for 20 mins if brown turn over and cook for another 10 -15 mins . They firm when cooled slightly .

Ingredients: Sweet potato wedges

1 large sweet potato

Oil

Salt and paprika

Clean or peel .

Cut into wedges and brush with a little oil put into the oven at the same time as the burgers. Check and turn . Season with salt and paprika if desired

Ingredients: Avo mayo

1-2tsp mustard

½ large avocado

4 tbsp water

Salt, a pinch of

Preparation:

Place all in a blender add a little more water if needed

Serve with salad, sauerkraut and cooked mushrooms for a more substantial meal