

GREEN PESTO

Ingredients:

- Handful of pumpkin seeds
- Handful of cashews
- Fresh basil
- Olive oil
- Small clove of garlic
- Salt and pepper
- Bit of parmesan if I have it, but usually I don't

Directions:

Blitz everything in the blender until smooth-ish. We usually have it with pasta for a quick dinner, and my daughter loves it spread in her cheese and ham sandwich the next day.

I also freeze it in ice cube trays so there's always some ready to go.

Enjoy!



HOMEMADE FISHCAKES

Ingredients:

- White fish (any firm kind) - pan fry in chunks
- Cooked potato (I just microwave them whole, then scoop out the middle)
- 2 finely chopped spring onions
- Handful of parsley/oregano finely chopped (optional)
- Flour, beaten egg, homemade breadcrumbs (I keep crusts from sourdough or French bread in the freezer for this)

Directions:

Mix the potato, finely chopped onions and cooked fish together, don't mash too smooth, leave some texture. Shape into patties, dip in flour, then egg, then breadcrumbs.

Bake or shallow fry until golden. We had these with green beans and broccoli – everyone loved them.

Enjoy!



ROAST PUMPKIN SOUP

Ingredients:

- Pumpkin cut in chunks - leave skin on
- 1 Onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 inch fresh ginger, finely chopped
- 200ml Coconut cream
- Spiced nuts and seeds (to serve)

Directions:

Roast the pumpkin first so it goes sweet, brown and soft. Remove the skin. Pop into the pan with sautéed onion, garlic and ginger. Fry it together a little more. Blend smooth - add water where needed. Add coconut cream to finish. Top with spiced nuts and seeds for crunch.

A super warming meal. I have to admit I ate the whole batch myself before the kids got near it – dinner one night and lunch the next day.

Enjoy!



SPICED NUTS AND SEEDS

Ingredients:

- Nuts and seeds mix - eg pumpkin seeds, cashews & walnuts
- 1 tbsp Oil
- dash of honey
- 1 tsp paprika
- 1 tbsp Soy sauce

(all to taste!)

Directions:

Toss everything together and air fry (or oven roast) until crunchy. Keep in a jar. Great on soups, salads, or just as a quick snack.

keep an eye on it while it cooks as it goes to burning very suddenly - I use 160f heat.

Enjoy!



HERBY FALAFEL

Ingredients:

- 1 tin chickpeas
- 2 cloves chopped garlic
- Fresh herbs – mint, parsley, coriander, or whatever I have
- ½ cup Pumpkin seeds, blitzed (for extra fibre and protein)
- Seasoning

Directions:

Blitz all the ingredients together in batches, then shape into little patties or balls and bake or pan fry. I served these with flatbreads and chopped veggies – didn't think the kids would go for them, but they loved them, especially my eldest who then took them in her lunchbox the next day. This picture is from my salad the next day with a tahini dressing (recipe below!)

Enjoy!



SIMPLE COCONUT FISH CURRY

Ingredients:

- 1 onion, finely chopped
- 3 cloves garlic
- White fish - I did two fillets
- Curry powder (to taste)
- 150 ml Coconut cream
- Sweetcorn - a few handfuls from a tin.
- water if needed

Directions:

Sauté onion and garlic, then add curry powder. Stir in fish and coconut cream, let it simmer gently, then add sweetcorn. Serve with red rice (brown rice in the UK). Surprisingly, the kids loved this one. I think it could work great with other veg, but we were limited that day - the sweetcorn was great. Sorry the photo isn't the best - these are real photos, not stock images!

Enjoy!



BEST ROAST CHICKEN SALAD

Ingredients:

- Chicken breasts
- Oregano
- Paprika
- Salad bits – whatever you fancy
- Dressing – tahini, natural yoghurt, little garlic, lemon, salt and pepper

Directions:

Roast or air fry the chicken with oregano and paprika. Slice and serve on a big salad with the dressing whisked together – creamy, tangy, almost Caesar-like but so much lighter. This one was just for the grown ups, and it's a favourite.

Enjoy!



ASIAN-INSPIRED SLAW

Ingredients:

- Carrots, shredded
- Cabbage, shredded
- Onion, finely sliced
- Herbs – mint, Thai basil, coriander
- Dressing – lime, peanut butter, soy, fish sauce, blitzed coriander
- Peanuts to top

Directions:

Mix all the veg and herbs together, Blitz a big handful of coriander and whisk the dressing ingredients into it. I like it with lots of lime, but do to your taste, you might want to add a bit of sugar to balance it. Top with peanuts. We usually serve it with fish, tofu or chicken. I didn't give this one to the kids but it's a go-to for us – quick, healthy, light, and full of veg.

Enjoy!

