

WHO'S TAKING CARE  
OF *you* DURING THE  
BUILD UP TO THE  
FESTIVE SEASON?

*We are.*



# WHAT WE STAND FOR...

## WELCOME TO DETOX KITCHEN, THE HOME OF HEALTHY EATING.

We are so glad you have chosen to be part of our community. Detox Kitchen was created out of a desire to help people feel more like themselves, to reconnect with how good, healthy, nutritious food can not only taste delicious and be a joy to eat, but also to see and feel the transformational effect it can have on your health and wellbeing.

We look forward to hearing about your journey with us.

Lily and the team x



## NUTRITION - THAT MAKES YOU FEEL AMAZING

We believe in the power of plant-based food. We know that greater diversity in what we eat can have a profound effect on our gut health and in turn our overall health. Every dish is designed in accordance with our nutrition philosophy which puts fresh, wholefoods at the centre to achieve a wide range of positive health outcomes.



## BALANCE - A LIFESTYLE, NOT A QUICK FIX

We are all different and so it makes sense that our journey to good health is different too. We are not here to offer quick fixes or fads, we're here to show you that by weaving healthy, joyful habits into your everyday, you will learn to see how great you can really feel, day in and day out.

## TASTE - THAT KEEPS YOU COMING BACK FOR MORE

One of the greatest pleasures in life is food and we want to celebrate all the joy that food gives us.



## KIND - TO OUR PLANET AND PEOPLE

Every decision we make is informed by the fact that we care about protecting the environment we live in and the people we employ and work with throughout our entire supply chain.

# OUR NUTRITIONAL PHILOSOPHY

## INGREDIENTS ARE SOURCED IN THE UK

We source 80% of all our ingredients from local UK suppliers. We know that by doing this we are getting the freshest ingredients that haven't travelled thousands of miles to get to our plates, thus preserving their nutritional benefit.

## PREDOMINANTLY PLANT-BASED

Every dish contains 3-5 vegetables, meaning that they are always the star of the show. This ensures a wide variety of vitamins and minerals in each dish.

## MACRO AND MICRO BALANCE

Balancing fat, protein and carbs with vitamins and minerals is an art form that we are proud to have mastered. When dishes are balanced in this way it ensures that you are getting the nutrients you need to balance blood sugar levels from one meal to the next.

## 100% DAIRY FREE

We believe you can get enough calcium from plant-based sources such as rice and oat milks, pulses and dried fruit. These ingredients also provide further nutritional benefits from good levels of fibre, b-vitamins and iron.

## 100% WHEAT FREE

Our daily diets have become heavily reliant on wheat, and most of what we consume is in a highly refined form that is quickly digested and causes rapid spikes in our blood sugar levels. Instead we opt for high fibre, amino-rich plant based complex carbohydrates that are highly nutritious.

## REFINED SUGAR FREE

In today's modern diet it's often hard to avoid refined sugar which is why we do the hard work for you. We only use natural sugars from fruit and ensure they are always eaten with food rich in fibre in order to balance blood sugar levels.

## NO NASTIES

Because we prepare everything fresh in our kitchens and deliver our meals within 24 hours of them being made, we don't need to use any preservatives or additives in our recipes. Meaning that you are always eating real food made from real ingredients.

## YOUR JOURNEY TO FEELING GREAT

By sticking to our nutritional philosophy, the food we create can have a transformational affect on our customers' health and wellbeing. Here are the key improvements that can be seen through eating a predominantly plant-based, healthy, balanced diet.

- ✓ Improves Energy Levels
- ✓ Boosts Immunity
- ✓ Improves Sleep Quality
- ✓ Supports Gut health
- ✓ Promotes healthy skin
- ✓ Improves mental clarity
- ✓ Regulates mood
- ✓ Enables excess weight loss



# OUR PILLARS OF HEALTH

We see health as a holistic cycle made up of four pillars: nutrition, sleep, movement and mind. The benefits of one pillar of health will not be optimally felt without the others, and neglecting one will have some effect on the others, and so on. Whatever health goal you are looking to achieve, whether that's improving your gut health, managing your weight, increasing your energy, or simply eating more plants, we thought we would offer our holistic guidance on following a lifestyle that encompasses each part of your wellbeing, so that you can embark on a journey to feeling the best version of yourself.

## FOUR PILLARS

### Nutrition:

At Detox Kitchen, healthy nourishment means following a balanced, whole-foods diet, bursting with flavour and full of diversity. We focus on providing meals using only nutrient-rich, seasonal produce, always cooked from scratch. All our food is dairy, wheat and refined sugar free, as ultimately this is food that you can trust and that will make you feel the best version of yourself. Plants first: it is the plant varieties that are richest in fibre, which we need to feed our gut microbiome.

Our microbiome ensures that we break down food properly, eliminate toxins, absorb all our nutrients properly, and much much more. Filling our plates with abundant, colourful food ensures that we are getting enough variation for our microbiome to flourish. Getting to love your greens is also so important, as these are powerhouses in growing good bacteria, reducing inflammation, balancing pH levels, boosting energy, losing weight and beating the bloat.

### Mind:

Managing stress will also help to improve your health. Mental clarity is an essential part of your emotional journey to improved health and wellbeing. With a brighter mood, you may feel more empowered to build longer lasting healthy habits. When it comes to nutrition, there is a possibility that a diet that is free of refined sugars will enhance brain function and mental health. And when it comes to your gut, a rise in stress hormones will affect the permeability of our intestine and absorption, causing bloating, pain and inflammation. The connection between our gut and our mood can also be made with the production of serotonin, which is a neurotransmitter that is produced in your gastrointestinal tracts. Therefore, it makes sense that good gut health doesn't just help you digest food, but also guides your emotions.



### Sleep:

Sleep has a truly positive impact on your health and wellbeing by allowing your body to rest, which encourages efficient reparation and detoxification overnight so that you wake feeling refreshed and revitalised. Consistent sleeping patterns will not only improve the quality of our sleep but your gut bacteria too, which follows your circadian rhythm. What's more, proper sleep works wonders in reducing your stress-levels which has a direct impact on our gut health and microbiome.

### Movement:

The way you move your body can make such a positive difference to both your physical and mental health, as it will not only help with your muscle strength, cardiovascular and respiratory health, but will also provide those endorphins we need for the ultimate mood-boost! Plus, the more you move your body, the more blood flow will increase to help ease the muscles in your digestive system. Moving outside in nature in accordance with the patterns of daylight, could have greater benefits on your circadian rhythm so that you fall into a deeper, more regenerative sleep.



# WELLNESS GOING INTO THE FESTIVE SEASON

## Balance is key.

We hear it all the time, but it's true! We are strong believers in enjoying life as much as possible, and even if that means enjoying indulgent foods and a drink every now and then, it does not mean you have to forfeit your health. If anything, we see health as taking care of your body, which includes being mindful of our bodily intelligence. Sometimes it takes a little indulgence to feed the soul, which needs to be nourished as much as our gut. And a little boogie is a great way to move the body after a day at your desk, right? As long as you are maximising your intake of key nutrients and fluids between your string of drink parties, canapés, work-dos, etc, your body won't suffer and you won't feel burnt out by the end of the season.

Here are our **8 top tips** on how to eat well, and stay nourished during the festive season (you can find all the recipes in the recipe index):







## 1. HAVE A NOURISHING AND FILLING LUNCH.

If you are heading to a party in the evening, we suggest consuming as many nutrients as possible in your lunch to keep your body feeling nourished and full of energy, and to help recovery if you are planning on having some drinks. It is important to make sure that half the plate is vegetables, and we would suggest opting for recipes that only include whole foods. Include a generous portion of complex carbohydrates, such as brown or wild rice, sweet potato or quinoa, to ensure that you feel full and satiated as this will help to absorb any toxins but also steer you away from turning towards too many canapés to fill you up later. Our wild mushroom tamari noodles not only are super-nourishing and delicious, but a great winter warmer on a crisp day. Alternatively, we would suggest our warming roast veg salad with a whipped tahini-yoghurt, packed with nutrients and flavour.

## 2. FILL UP PRE-PARTY.

Though not everyone thinks to have a quick bite before they go out, we would really recommend planning ahead and leaving time to line the stomach with a light, healthy dinner, such as our laksa or warm squash and harissa salad. This way, you will line the stomach but won't feel full and sluggish going to the party, and it will help you from getting snacky later or craving that late-night greasy takeaway. You could also leave a small portion for when you get back if that helps you avoid the latter. However, it would help to digest all your food earlier on in the evening to improve your quality of sleep.

## 3. DON'T OVER-DO IT.

We hear you, it's so easy to get carried away. Though there is little wrong with a couple of tipples, any more can have a heavier impact on your body and mind the next day. Not only can the hangover be a motivation-killer, it is likely to induce stress on your body, slowing down recovery which is not good news for the microbiome. To help you pace yourself, we would suggest drinking a glass of water (or infused or sparkling water to make you feel like you are having a drink) between each drink. This way you will probably leave the night only two or three drinks down.

## 4. THE "MORNING-AFTER BROTH".

There is nothing more cleansing and awakening than a broth. The fluids in the broth help to hydrate your body as quickly as possible. Our favourites are our winter broth and ginger broth. The latter has magic healing properties thanks to the generous portion of ginger. It is also easy to pack as many vegetables into a broth as possible to ingest all those vitamins and minerals that your body might be lacking in.

## 5. BE A PREP-QUEEN.

We would recommend starting the week strong and making a big batch of our healthy and comforting black dal or mac and cheese, which you can portion out and keep in the fridge or freezer to ensure that you always have a nourishing meal to turn to. It is always tempting to go for that takeaway again, but amongst all the indulgence, it is much better having something healthy sitting in the fridge, so you can get as much variety in your diet as possible for maximum nourishment.





## 6. GET YOUR FIBRE FIX.

Fibre will help provide the necessary nutrients for the healthiest probiotic bacteria in our guts. Increasing our fibre intake will encourage getting rid of waste and help detoxify the body! Our fibre-filled spinach pancake with grilled aubergine and tahini is a great dish to turn to for your brunch or lunch.

## 7. VITAMIN D: YOUR SAVING GRACE.

Make sure you are getting enough of this key vitamin during the party season. Taking a vitamin D supplement is always recommended, but you can also look to oily fish, eggs, mushrooms, and fortified soy and almond milk to boost that vitamin D supply as much as possible! Our tamari noodles are a great go-to, championing mushrooms, which are a great plant based source of vitamin D.

## 8. SOOTHE YOUR DIGESTION

The festive period can wreak havoc on your tummy and your overall digestion. Here are some of our favourite digestive herbs that can help to beat the bloat and calm your tummy.

- Chamomile is anti-inflammatory and antispasmodic, making it soothing and settling to the stomach. It is also a sedative making this blend good for stress and nervousness.
- Fennel works on the digestive system by reducing bloating and helping the body to expel wind.
- Lemon balm is a digestive stimulant and also a tonic for the nervous system, keeping you calm during any festive time dramas.

You can combine equal parts of these herbs and then have a sleepy brew by infusing a heaped teaspoon in boiling water for 10 minutes.

And I think it goes without saying - or having its own segmented paragraph - but your water bottle is (and always should be) your best friend. Keep as hydrated as possible, both during and in between parties and your body, energy levels and skin will thank you later.

## THE HEALTHIER HOST:

If you are the host of a fabulous festive-do, here are some of our favourite recipes to serve alongside drinks. All of these include healthy swaps, that ensure you are making healthier choices without compromising on taste or flavour. If anything, they are even more delicious than your standard cocktail sausages or blinis, which let's be honest, everyone is getting tired of now...

- Broad bean dip from this on little sourdough or rye crostini.
- Miniature beetroot and lentil burgers.





# SELF-CARE

We want to take the idea of self-care as a treat, and reframe it as an essential. Self-care comes in all shapes and sizes, but it's about discovering what makes you feel good and carving out at least 10 minutes of your day to focus on it. Here are 4 areas to focus on when it comes to self-care and the extensive benefits each can have on your mental and physical health.

## IMMUNITY

Good gut health is key to improving our physical health, mental health and immunity. A key place to start is by focussing on the diversity of food on your plate. Aim for 30 different plant foods in a week, including a diversity of colours across fruit, veg, beans, pulses, legumes and whole grains. Challenge yourself to try at least 3 new meals a week, all incorporating different vegetables and ingredients. For inspiration, all our recipes and meal deliveries are curated to include all the variety and nutrients you need (and more) to thrive. When you sit down to eat your delicious, nourishing meals, try to eat mindfully by chewing slowly, putting down your fork after every 3 mouthfuls and pausing for a couple of minutes, and avoiding screens if you can. Not only does this meditative practice help your mind, but also your body, thanks to improved digestion and bodily intuition.

## MOVEMENT

Detox through movement. The belief in Chinese medicine is that the emotions we experience directly affect certain organs. Frustration, resentment and anger are all toxic emotions that can literally shut down the liver's functionality. Gentle exercise and yoga can play a big part in supporting key organ function and reducing stress. So book in for a local class and make it a festive commitment!

## SKINCARE

Recharge in the morning and evening by putting aside 5-10 minutes to focus wholeheartedly on your skincare. Not only will this benefit your skin health, which in turn will boost your confidence, and allow for a few quiet meditative moments to both set you up at the start of the day and help you unwind at the end.

## SLEEP

As the days shorten, our bodies take a little bit of time adjusting to the reduced number of daylight hours. Listen to your own body clock and allow yourself a little longer in bed if you need it. If you struggle with sleep there are many supportive herbs that you can try to help you to settle down in the evening and drift off for a restful night.

- Lemon verbena - a soothing sedative herb that helps to reduce feelings of stress and aid sleep
- Lavender - a floral anti-depressant herb that helps you unwind at nighttime
- Skullcap - a tonic for the nervous system that calms overthinking minds before bed

You can combine equal parts of these herbs and then have a sleepy brew by infusing a heaped teaspoon in boiling water for 10 minutes.



# RECIPE INDEX

## TAMARI NOODLES WITH STICKY MUSHROOMS

Serves 2.

### Ingredients:

100g rice noodles  
1 1/2 tbsp rapeseed oil  
1 packet enoki, or other exotic, mushrooms  
1 large tbsp pumpkin seeds  
2 tsp soya sauce  
1 tsp maple syrup  
1/2 courgette, spiralised or ribboned using a peeler  
1 pak choi, sliced thinly and horizontally  
A handful of coriander, chopped  
1 tsp chilli flakes  
1/2 juice of a lime

### For the Tamari dressing:

Makes 1 large pot (about 3-4 portions)  
Ingredients  
3 tbsp sesame oil  
6 tbsp tamari  
6 tbsp water  
3 tbsp rice vinegar  
3 tbsp tahini  
150g sultanas  
Juice of 2 limes  
Pinch cracked black pepper  
Whizz all ingredients in a blender until smooth.

### Method:

1. Cook your rice noodles by boiling a kettle of water and pouring over the noodles in a bowl. Cover and leave to sit for 10 minutes before draining.
2. Make your tamari dressing by blending all the ingredients together until smooth. In a sauce pan, add 1/2 tbsp rapeseed oil, the soya sauce and maple syrup, along with the mushrooms and pumpkin seeds. Sauté together for 3-5 minutes until the mushrooms have softened and soaked up the sauce.
3. Add 1 tbsp rapeseed oil into your drained noodles and use your hands to work it through, to coat the noodles. Add 2 tbsp of the tamari sauce and use your hands again to combine this with the noodles. Then add your courgette noodles, pak choi and half the coriander, as well as another tbsp of the tamari sauce and combine with the noodles.
4. Spoon the noodles onto the plate and add spoonfuls of the sticky mushrooms and seeds on top. Sprinkle over the chilli flakes, the rest of the coriander and squeeze the lime juice. Enjoy as a warm dish or store in the fridge for up to 3 days as a cold noodle salad!







## ROASTED VEG WITH TAHINI YOGHURT

Serves 2-4

### Ingredients:

*1 bulb fennel, sliced into chunks vertically*  
*4 carrots, halved*  
*4 red onions, peeled and halved*  
*A small handful of dill, roughly chopped*  
*Zest of 1/2 lemon*  
*4-6 sundried tomatoes, halved*  
*2 tbsp rapeseed oil*  
*1 tbsp olive oil*

### For the tahini-yoghurt dip:

*200g soya or coconut yoghurt*  
*3 heaped tbsp tahini*  
*1 tbsp maple syrup*  
*Juice of 1 lemon*  
*1 garlic, crushed*  
*A good pinch of salt and cracked black pepper*  
*1 tbsp olive oil*

### Method:

1. Preheat your oven to 200 degrees celsius.
2. Place all your veg on a baking tray and drizzle with 1 tbsp rapeseed oil and some salt and pepper. Roast the veg for 25-30 mins until soft and slightly charred.
3. Place your chickpeas into a separate baking tray and drizzle the remaining tbsp of rapeseed oil over, as well as a good pinch of salt. Roast in the oven for 35-40 minutes until golden and crispy.
4. Meanwhile, make the dip by whisking all the ingredients together until thick and smooth.
5. When the veg has roasted, plate your dish by adding the dip to the base and smoothing it out with a spoon. Top with your vegetables, then the crispy chickpeas, followed by the sundried tomatoes and herbs. Finish with the lemon zest and another glug of olive oil.



## COCONUT LAKSA

Serves 2

### Ingredients:

200g chestnut mushrooms, sliced

1 small leek, roughly chopped

Thumb sized piece of ginger, peeled and grated

2 cloves garlic, peeled and finely chopped

2 tbsp tamari

100g dried shiitake

600ml vegetable stock

100ml coconut milk

Pinch chili flakes

### For the chili jam:

1 tsp rapeseed

1 red onion, finely diced

1 small piece ginger, grated

2 cloves garlic, finely diced

4 red chillies, finely diced

1/2 tsp dried chili flakes

2 tbsp maple syrup

1 tbsp tomato purée

1 tbsp tamari

50ml water

### Method:

1. In a large saucepan, sauté the chestnut mushrooms and leeks in a little oil until golden. Add in the ginger, garlic, tamari, shiitake and 500ml vegetable stock and simmer for 30 minutes. Add the coconut milk and chili flakes and bring to a simmer then turn off the heat and blitz with a stick blender or transfer to a blender a whizz up until smooth.

2. For the chili jam, heat a little oil in a sauce pan and sweat down the onions until they're translucent. Add in the garlic and ginger and cook for a few minutes until softened. Add the rest of the ingredients and a splash of water and cook on a low heat until the water has evaporated and everything is soft and combined. Turn the heat off and place in a sterilised jar, it will keep for at least 2 weeks in the fridge.







## SQUASH AND HARISSA SALAD

### Ingredients:

*1 butternut squash, halved and sliced into moons*

*1 tin of chickpeas*

*3 tbsp coconut or soya yoghurt*

*Handful of coriander*

*Handful of parsley*

*1 lemon*

*3 preserved lemons, cut into rounds*

*Handful of sunflower seeds*

*Salt and cracked black pepper*

### For the harissa sauce:

*2 tbsp harissa paste*

*1 tbsp olive oil*

### Method:

1. Roast the squash in the oven at 200 degrees celsius for 45 mins.
2. Whilst the squash is roasting, make the base of the salad by mixing the yoghurt and herbs in with the chickpeas, reserving a bit of the herbs to sprinkle on top at the end. Add the juice of half the lemon and some salt and pepper.
3. Make the harissa sauce by just mixing the harissa paste with the olive oil.
4. Spread the yoghurt chickpeas on a serving dish to make the base and top with the squash, preserved lemons, the rest of the herbs and the sunflower seeds. Finish with drizzling over the harissa sauce, salt and pepper and another squeeze of lemon.



## THE ULTIMATE WINTER BROTH

Serves 4

### Ingredients:

200g pearl barley	500ml veg stock
50g dried shiitake mushrooms	Juice and zest of 1 lemon
1 tbsp rapeseed oil	200g cannellini beans, drained
2 shallots, finely diced	100g cavolo nero, finely sliced
2 fat garlic cloves, peeled and sliced	
200g wild assorted mushrooms	
200g squash, peeled, deseeded and cut into 2cm cubes	

### Method:

1. Wash the pearl barley in a large saucepan until the water runs clear. Cover with three times the amount of water and cook for 20 minutes or so until it is soft but still has a bite to it.
2. Meanwhile, soak the shiitake mushroom in warm water for 10 minutes until softened.
3. Fry the shallots and garlic in the oil for 10 minutes or so until completely softened. Add in the wild mushrooms and sauté until golden. Add in the soaked shiitake mushrooms, squash and veg stock and bring everything to a simmer. Place the lid on a leave to cook for 20 minutes or so until the squash is almost cooked.
4. Add in the cooked pearl barley, lemon juice and zest, cannellini beans and cavolo nero and cook for a further 5 minutes. Turn the heat off and leave to stand for 10 minutes before scooping into bowls and serving.







## MUSHROOM AND GINGER BROTH

Serves 2-4

### Ingredients:

*2 spring onions, sliced*

*1 thumb sized piece of ginger, peeled and cut julienne*

*800ml vegetable stock*

*1 tsp sesame oil*

*150g assorted mushrooms, roughly chopped*

*2 tbsp tamari*

*Juice of 2 limes*

*1 carrot, peeled and cut julienne*

*100g white cabbage, thinly sliced*

*100g baby gem lettuce, thinly sliced*

*1 tsp sesame seeds*

*1/2 tsp flaked chilli*

*Handful coriander leaves*

### Method:

1. Place the spring onions and ginger and stock in a large saucepan. Simmer together for 20 minutes.
2. Meanwhile heat the sesame oil in a frying pan and sauté the mushrooms until cooked. Add them to the stock and simmer the stock with the mushrooms for a further 10 minutes.
3. Turn the heat off and season the stock with the tamari sauce and lime juice.
4. Prepare all of the vegetables and place them raw into a serving bowl. Pour over the hot stock and sprinkle with sesame seeds, flaked chilli and coriander leaves.



## BLACK DAL

Serves 2-4

### Ingredients:

400g chopped tomatoes

2 chopped white onions

200g coconut milk

140ml oat milk

200ml water

200g cooked beluga lentils

200g frozen peas

2 cloves of garlic, peeled and chopped

1 knob of ginger, peeled and crushed

Pinch of salt

2 tsp garam masala

1 green chilli, deseeded and chopped

1 tsp ground coriander

2 handfuls of fresh spinach

2 spring onions, chopped

1 handful coriander, chopped

### Method:

1. Add a little oil into a saucepan and fry off the onion, garlic, ginger and chilli for 3-5 minutes.
2. Add in the spices and fry off for another couple of minutes, adding a splash of water if they start to stick to the pan.
3. Add in the chopped tomatoes, coconut milk and water. Stir and leave to simmer on a low-medium heat for 15-20 minutes until reduced.
4. Add in the lentils, oat milk and frozen peas and leave to simmer for a further 5 minutes.
5. Season your dal with salt and then serve with a base of spinach and a garnish of spring onions and coriander. It is lovely either with some rice and quinoa, a dollop of coconut yoghurt or just by itself for a warming lunch or dinner!







## MAC AND CHEESE WITH WINTER GREENS

Serves 4

### Ingredients:

*1 butternut squash, cut into chunks*

*250g gf macaroni pasta*

*200g cavolo nero, chopped*

*For the cashew cream:*

*100g cashews, soaked in boiling water for 10 minutes and drained*

*50 ml water*

*50 ml rapeseed oil*

*2 tbsp nutritional yeast*

*1/2 tsp Malden salt*

*Pinch cracked black pepper*

*For the vegan parmesan:*

*50g ground almonds*

*70g sunflower seeds*

*15g nutritional yeast*

*1/2 tsp mustard powder*

*Salt and cracked black pepper*

### Method:

1. Preheat your oven to 200 degrees celsius.
2. Place the squash on a lined baking tray and drizzle with oil, salt and pepper. Roast in the oven for 35-40 minutes until soft and slightly caramelised.
3. Whilst the squash is roasting, cook your pasta on the hob according to the instructions on the packet.
4. Meanwhile, make your cashew cream by blending all the ingredients together until smooth. To make the vegan parmesan, place all of the ingredients in a food processor and blitz until it forms the texture of fine breadcrumbs.
5. Sauté the cavolo nero on a pan for 2-3 minutes until slightly softened.
6. Once the squash is cooked, add it to the blender with the cashew cream and blend until combined and smooth.
7. Once the pasta is cooked, pour in your squash and cashew mixture and the cavolo nero and mix together. Transfer this to a baking dish and top with the vegan parmesan. Bake at 180 degrees celsius for 15-20 minutes until piping hot and when the vegan parmesan is nice and golden. Serve hot with a delicious green side salad.



## CHICKPEA AND SPINACH PANCAKE

Serves 2-4

### Ingredients:

#### For the farinata:

A generous handful of spinach

250ml oat milk

150g gram flour (chickpea flour)

3 tbsp olive oil

Salt and cracked black pepper

#### For the hummus:

2 tbsp olive oil

2 tbsp tahini

Pinch of salt

#### For the topping:

1 aubergine, cut into long 1cm thick slices

A handful of dill, roughly chopped

1 tbsp tahini

1 tbsp lemon juice

### Method:

1. Preheat your grill to a medium heat.
2. To make the pancake batter, add the spinach and oat milk to a blender and blend until smooth. Add the gram flour, half the oil and the salt and pepper and blend again until smooth. The texture should be thick, but a little thinner than regular pancake mixture.
3. Heat the remaining oil in an oven-safe, heavy-based pan until almost smoking. Whisk the batter then pour into the pan so that the batter bubbles. Place under the grill for 10-15 minutes until blistered and golden brown.
4. Place your griddle on a high heat. Drizzle the aubergine with a little oil. Once hot, place the aubergine on the griddle and cook on each side until there are clear griddle lines, then flip over and cook the other side. The aubergine should be softened, this will take around 5 minutes of cooking. If the pan is over smoking, add a spray of water. Once cooked, sprinkle with salt and set aside.
5. Meanwhile, make the hummus. Put the chickpeas and half the water from the can in a food processor along with the oil and tahini and add a good pinch of salt. Blitz until silky smooth and fluffy.
6. To serve, smother the hummus over the farinata and top with the grilled aubergine, herbs and a drizzle of tahini.
7. Cut into quarters and serve two slices with a side of green salad.





## BROAD BEAN PUREE

Enough to spread on 2 large pieces of toast.

### Ingredients

*100g broad beans*

*Handful fresh mint leaves*

*1 tbsp olive oil*

*Good pinch of salt*

*Cracked black pepper*

### Method:

To make the broad bean puree, place the beans in a pan and cover with boiling water. Simmer for 5 minutes until soft then place immediately into a bowl of water and ice to cool completely. This will retain the bright green colour. Now tip the cold, cooked beans into a food processor along with the mint, oil, salt and pepper and blitz to a fairly course texture.







## LENTIL AND BEETROOT BURGERS

Makes 8-10 mini patties.

### Ingredients

*2 beetroot, cut into quarters*

*200g puy or brown lentils*

*2 heaped tbsp plain gluten-free flour*

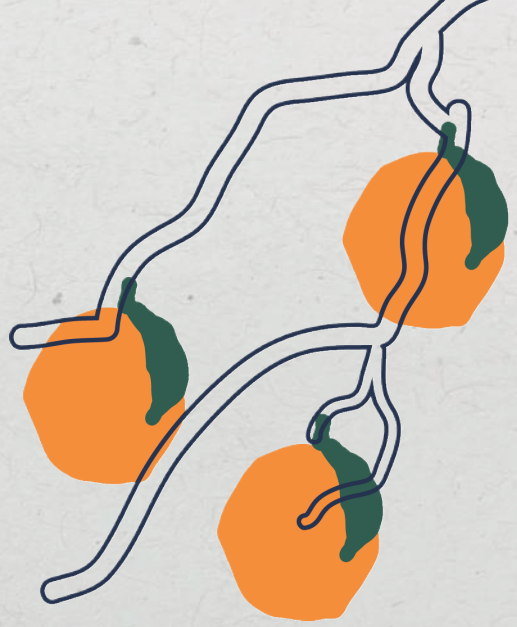
*1 tbsp rapeseed oil*

*Good pinch of salt and pepper*

### Method:

1. Place the chopped beetroot on a baking tray, drizzle with oil and roast for 40 minutes or until tender. Place the cooked beets in a food processor and blitz to a rough paste.
2. While your beets are cooking place the lentils into a saucepan with three times the amount of water, bring to the boil and simmer for 15-20 minutes until the lentils are soft. Drain and add them to the beetroot paste.
3. Stir in the flour, oil, salt and pepper. Form 8-10 patties, keep them quite rounded rather than flattened, place them on a lined baking tray and cook in the oven for 15-20 minutes until crispy.
4. Serve with a bun, tomatoes, gherkins, lettuce, onions, mustard and homemade ketchup (basically just blitzed tomatoes!). Enjoy





*detox kitchen.*