

*detox kitchen.*



# IWD 2024 RECIPE BOOKLET



## CELEBRATING WOMEN AND WELLNESS

Over the years, we have been honoured to have worked with some wonderful and inspiring women. Together, we have formed unions of delicious, dynamic flavours and tastes, reflective of vibrant personalities and a shared passion for nourishment, wellbeing and seasonal cooking. This recipe guide is a tribute to them, the female pioneers of the culinary landscape in the UK.

Our first collaboration was the wonderful Thomasina Miers. We have since been lucky enough to have collabed with Anna Jones, Gizzi Erskine, Rose Ferguson, Eve Kalinik, Madeleine Shaw and Phoebe Liebling, all of which have contributed delicious new recipes as well as collaborative favourites in this guide. From tasty, protein-rich breakfasts, to wholesome lunches and delicious dinners, there is something for everyone to inspire, nourish and energise you with whole foods and the best of British produce.

To find out more about these wonderful women - what they do, their favourite foods, non-negotiables, wellness tips and more - head to <https://detoxkitchen.co.uk/community>.

This International Women's Day, we're choosing to support Women for Women International\*, a charity we feel close to and have worked with over the years. Women for Women International are on a mission to empower and support women survivors of war. Find out more about their work over on our blog.

We hope that this style of nourishment serves as a reminder that self-care is a vital aspect of your journey towards empowerment. Whether you are an experienced home chef, a part-timer or just beginning your culinary adventure, here is a great place to start to feed your body and mind.

Love Lily and the Detox Kitchen team x

\* UK Charity Registration Number: 1115109





# CONTENTS

<b>GREEK OLIVE &amp; HERB SHAKSHUKA</b> BY ANNA JONES	1	<b>ROASTED CAULIFLOWER AND SPICED LENTILS</b> BY MADELEINE SHAW	9
<b>MISO CARAMELISED PEAR PORRIDGE</b> BY MADELEINE SHAW	2	<b>TACO SOUP</b> BY EVE KALINIK	10
<b>BLACK LENTIL &amp; BEETROOT LARB</b> BY GIZZI ERSKINE	3	<b>PISTACHIO RISOTTO</b> BY ANNA JONES	11
<b>CHICKEN SATAY &amp; CUCUMBER SALAD</b> BY PHOEBE LIEBLING	4	<b>CHICKPEA PASTA WITH WILD MUSHROOMS</b> BY PHOEBE LIEBLING	12
<b>BAKED AUBERGINE WITH PRESERVED LEMON YOGHURT</b> BY LILLY SIMPSON	5	<b>THAI GREEN CURRY</b> BY ROSE FERGUSON	13
<b>SMOKY TOFU WITH CARROT PEANUT CURRY</b> BY EVE KALINIK	6	<b>SPINACH GNOCCHI, WILD GARLIC PESTO, WATERCRESS &amp; PUMPKIN SEEDS</b> BY GIULIA BERRETTI	14
<b>GRIDDLED LEEKS WITH ANCHO &amp; HAZELNUT ROMESCO</b> BY THOMASINA MIERS	7	<b>SWEET POTATO ENCHILADAS</b> BY THOMASINA MIERS	15
<b>THAI SHRIMP SALAD</b> BY CLEMMIE PELLEW-HARVEY	8	<b>PARSNIP, MISO, OAT &amp; SHALLOT BOULANGERE</b> BY GIZZI ERSKINE	16



# GREEK OLIVE & HERB SHAKSHUKA

BY ANNA JONES



Anna Jones is a cook, writer, the voice of modern vegetarian cooking and the author of the bestselling *One: Pot, Pan, Planet, A Modern Way to Eat*, *A Modern Way to Cook* and *The Modern Cook's Year*. Anna believes that vegetables should be put at the centre of every table and is led by the joy of food and its ability to affect change in our daily lives. Collaborating with Anna in January 2022 was a true highlight. Together, we created our first dynamic vegan range for our menus celebrating the wonders of delicious, seasonal and plant-rich food.

A Greek-inspired take on baked eggs. I know I am mixing things up here and that this is not a traditional shakshuka – I use the word so you know the feeling of this dish. It's inspired by something I ate at Hand café in Stratford, where there is great coffee and clever cooking.

For vegans, I make this with crisped-up smoked tofu. If you are making the version with eggs, rather than poaching them in the sauce, I boil them and put them on top of the tomato sauce, making life much simpler, and you get perfect jammy eggs every time.

## SERVES 4

### You'll need

	olive oil
1	red onion, finely chopped
2	cloves of garlic, peeled and thinly sliced
1 tsp.	coriander seeds, bashed
1 tsp.	paprika or chilli powder
2 x 400g	can chopped tomatoes
100g	Kalamata olives, pitted and halved
1 tbsp.	dried oregano
1 tsp.	red wine or cider vinegar
6	organic eggs
75g	feta or vegan feta-style cheese (optional)
	a small bunch of chopped dill, mint or parsley, or a mixture of all three

### For vegan shakshuka

200g block of smoked tofu, sliced

### To serve

4 slices of warm bread or flatbreads (optional)



## METHOD

Heat a little olive oil in a large frying pan, add the onion and cook for 10 minutes, until soft and sweet, then add the garlic and cook for another couple of minutes, until the edges begin to brown. Next, add the coriander seeds and toast for a minute with the onion mixture.

Add the paprika or chilli powder and cook for a few seconds before adding the tomatoes, half the olives, the oregano, vinegar and a good pinch of salt and pepper. Half-fill one of the tomato tins with water and add this to the pan too. Simmer over a medium heat and leave the sauce to reduce and thicken a bit, about 10 minutes. While the sauce is cooking, prepare your eggs or tofu.

### For the non-vegan shakshuka

For the eggs, put a pan of salted water big enough for all six on to boil, then add the eggs and cook for 5 minutes. Drain, run under cold water, then slightly crack the shells against a hard surface and leave them to cool in the cold water. Once cool, peel and cut in half.

### For the vegan shakshuka

If you are using tofu, fry the slices in a little oil until crisp on both sides, then put to one side. Once the tomato sauce is reduced and thickened, taste and add more salt, pepper and vinegar, if needed. Nestle the cooked tofu or boiled eggs into the sauce, put a lid on the pan and leave for a minute or two to warm through. Finally, crumble over the feta, if using, and sprinkle over the remaining olives and chopped herbs. Serve with warm bread or flatbreads, if you like.

# MISO CARMELISED PEAR PORRIDGE

BY MADELEINE SHAW



Madeleine has been in the wellness industry for 10 years now. She started her journey as a nutritionist and home cook, then later trained as a yoga and meditation teacher. Her Sunday Times' Bestselling book (Get the Glow), in many ways is still the cornerstone of her philosophy and brand, has sold over 150,000 copies to date. We collaborated with Madeleine to launch both The Plant Plan and a range of dishes, available on all menus now!

## SERVES 1

### You'll need

100g	rolled oats
2 tsp.	chia seeds
500ml	milk of choice
1 tsp.	cinnamon
	pinch of salt
2	ripe pears, halved and cored
1½ tbsp.	coconut oil
1 tbsp.	honey
1 tsp.	white miso paste (adjust to taste)

I can't think of a better way to start the day than with this Miso Caramelised Pear Porridge. In colder weather, it might mean getting out of bed is a little harder but if you're looking for some motivation to begin your day then a warm bowl of this miso caramelised pear porridge is the perfect recipe to get your day off to the best start ever.

## METHOD

Halve and core the pears.

In a warm pan add the honey, miso and butter and stir to combine.

Place the pears in the caramel and cook for 10 minutes on a medium low heat until the pears soften. Add the porridge ingredients to a pan and simmer gently stirring frequently until the porridge reaches desired consistency.

Serve together and garnish with yogurt and pumpkin seeds.

# BLACK LENTIL & BEETROOT LARB

BY GIZZI ERSKINE



Gizzi Erskine is an internationally celebrated chef, broadcaster, podcast presenter and award-winning food writer. Gizzi was one of the innovators of the Pop-up restaurant scene doing her first event over 20 years ago and words like pop-up, residency and supper club were coined within the scene she was part of way back then. Over the years she has launched and owned multiple restaurants across the UK. She has also brought her love of food and cooking to screen, appearing on many loved shows. Gizzi is the author of best-selling cookbooks *Restore*, *Slow*, *Season's Eatings*, *Healthy Appetite* and *Skinny Weeks and Weekend Feasts*. She has been a columnist for *Sunday Times Magazine*, and is a regular writer for *The Independent*, *The Sunday Times*, *Elle*, *Vogue*, *GQ* and *The Evening Standard*. We so loved collaborating with Gizzi in June 2022, creating three vibrant new dishes together for our menus.

## SERVES 2

### You'll need:

- 4 purple and golden beetroots washed but unpeeled
- 40g brown rice, ideally sticky Thai (but anything will do)
- 3 banana shallots peeled and very thinly sliced into rings
- 250g cooked beluga or Puy lentils

### For the crispy shallots

- 4 tbsps rapeseed oil
- 4 banana shallots, peeled and thinly sliced into rings

### For the dressing

- 4 or 5 fresh lime leaves thinly sliced
- 3 limes, juiced
- 5 tbsps fish sauce or soy sauce
- 1 tsp Thai chilli powder, pul biber or Korean chilli powder
- 1.5 tbsps maple syrup
- 3 tbsps sunflower or groundnut oil

### To serve

- Large handful of coriander leaves
- Large handful of mint leaves
- Large handful of Thai basil leaves
- Large handful of mint leaves

My good friend Neil Rankin, who is perhaps known primarily as a meat chef (and also features in each and every one of my books), actually hates that reputation as deep down he is a plant-loving teddy bear.

It's always interesting to look at his Instagram for plant-based food ideas - as a meat lover he's always pushing boundaries for how he thinks about cooking with plants, and he is the one who gave me the idea for this.

Larb is a Northern Thai dish, normally made with pork, where rice is roasted and ground for a delicious crunch. The most intense version is actually made of pig's blood, so the beetroot provides an irony backbone (not to mention the colour). This is just a very clever, yet simple salad.



## METHOD

Preheat the oven to 200°C / 180°C fan/gas mark 6.

Place the beetroots on a baking tray or roasting tray and roast in the oven for one hour 20 minutes until softened. Remove from the oven and leave until cool enough to handle. The skins should peel away very easily. Chop each beetroot into small cubes and set aside.

Heat a dry frying pan or wok over a high heat. Once hot, add the rice and toast for a few minutes, until the grains begin to turn vaguely golden. Treat the rice like toasting sesame seeds, and be sure to keep it moving around the pan to prevent it burning. Transfer to a food processor and blitz to a coarse powder.

To make the crispy shallots, heat the oil in a frying pan over a low heat and fry the shallots for 10-15 minutes, or until they start to crisp up and turn a light golden colour. Scoop out the shallots with a slotted spoon and drain on kitchen paper to absorb any excess oil.

To make the dressing, mix together the lime leaves, lime juice, fish sauce or soy sauce, chilli powder, maple syrup and oil until well combined. Mix the beetroot, sliced fresh shallots, lentils and ground rice in a bowl with the dressing and leave to macerate for about 30 minutes.

Once ready to serve, combine the beetroot and lentil mixture with all of the herbs. Top with the crispy shallots and serve immediately.

# CHICKEN SATAY & CUCUMBER SALAD

BY PHOEBE LIEBLING

This is one of those recipes that is just pure joy for me. The combination of succulent grilled chicken, a sumptuous peanut sauce and the crisp, freshness of the cucumber against the fluffy rice....it never fails! It is also incredibly quick to throw together and I would hope proves to be a perfect example of how simple such a meal can be to make.

When looking to help my clients improve their diets pre-made sauces and condiments are often where I start as it's these that usually hide a multitude of inflammatory oils, extra sugars and sweeteners. Having options like this simple peanut sauce in your back pocket are a great stepping stone to start building on. Yes it goes with this meal but don't tie it to these skewers forever! Use it as a salad dressing, toss tofu cubes in it then roast them, and even add it to a platter with crudités and crackers as a dip!



Phoebe Liebling is a Nutritional Therapist and Health Entrepreneur. She has been in clinical practice now for over a decade, with an unrelenting passion for education within healthcare. In addition to clinical work, elements of which she shares freely through social media, she has founded 2 businesses - Nutri Tailor and The360 - to make her professional guidance more available to everyone. We worked with Phoebe to first launch the 3-Day Reset.

## SERVES 2

### You'll need

2 organic chicken breasts

### Satay sauce

½ cup peanut or almond butter (sub in tahini for nut free)  
 2 tbsp. tamari or soy sauce  
 1 tbsp. rice vinegar  
 2 tbsp. freshly squeezed orange juice or 1 lime  
 2-4 tbsp. warm water  
 Optional:  
 2-3 garlic cloves  
 1 tbsp. grated fresh ginger  
 ½ tsp. chilli powder

### Cucumber salad

½ large cucumber  
 1 tsp. each salt & garlic powder  
 1 lime, juiced  
 1 tbsp. rice vinegar  
 handful of fresh coriander

### To serve

white basmati rice or preferred grain



## METHOD

Slice your cucumbers, toss with the salt & garlic powder. Leave to one side.

Preheat your oven to 200°C.

Take your chicken breasts, lay them smooth side down on a board & use a knife to butterfly them, then cut into 3cm wide strips. Thread onto skewers (if using wooden ones soak in water for 15 minutes first) & place on a baking sheet. Bake for 12-15 minutes until cooked through.

Meanwhile combine satay sauce ingredients, mixing until smooth.

Take your cucumbers, add the lime juice, rice vinegar & toss together. Add the coriander & taste, adjust with more lime or vinegar to your preference.

Plate the satay with a hefty drizzle of sauce & put the remainder in a bowl for dipping!

# BAKED AUBERGINE WITH PRESERVED LEMON YOGHURT

BY LILY SIMPSON



Lily Simpson founded Detox Kitchen in 2012 and has spearheaded the healthy food movement in London for over a decade. Lily leads her team in challenging the fast-food industry by producing food that is both convenient and nutritious without compromising on taste. Committed to change, she has just completed a Masters in Philosophy, Politics and Economics of Health at UCL and is committed to making changes in health policy in order to fulfill her mission of democratising healthy food.

Baking aubergine with honey and tamari gives it a lovely salty, sweet stickiness that is incredibly more-ish. The freshness of the lemony saffron yoghurt adds to the fragrant complexity of this Middle Eastern-inspired dish. It is perfect for a dinner party, as part of a big feast, or simply served as a weekday supper with some rice and a green salad.



## SERVES 4

### You'll need

- 2 large aubergines, cut into 1cm rounds
- 2 tbsp. tamari
- 1 tbsp. honey
- 1 tbsp. toasted sesame oil
- 2 preserved lemons, roughly chopped
- 3 pinches of saffron threads
- 200ml soya yoghurt
- flaked sea salt
- cracked black pepper

### To garnish

- A small bunch of fresh coriander, finely chopped
- 2 sprigs of fresh mint, leaves picked and chopped
- 1 red chilli, sliced
- 2 tbsp. cashew nuts, toasted and chopped

## METHOD

Preheat the oven to 200°C/Fan 180°C/Gas 6. Line a baking tray with greaseproof paper.

Spread the aubergine rounds on the baking tray. Whisk together the tamari, honey and sesame oil in a bowl and pour evenly over the aubergine. Bake for 20–25 minutes until soft and golden.

Meanwhile, put the preserved lemons, saffron, yoghurt, and a pinch each of salt and pepper

in a food processor and blitz until the yoghurt has turned a deep yellow and is smooth.

Place the aubergine rounds on a large serving dish. Drizzle over the saffron yoghurt dressing and garnish with the coriander, mint, chilli and toasted cashews.



# SMOKY TOFU WITH CARROT PEANUT CURRY

BY EVE KALINIK



Eve is a nutritional therapist and author with a specialism in gut health. She also consults and creates content for brands and co-hosts a podcast called The Wellness Breakdown. Her motivation in all her work is to empower others to take ownership of their health and to simplify a lot of the confusing and contradictory information and jargon out there. She's had a close relationship with The Detox Kitchen since they launched. Together they brought out a range of gut-focussed dishes and The 10-Day Gut Reset in September 2023.

I love this curry, as the subtle smoky flavours combine with the natural sweetness of carrots and a spicy twist to give maximum impact. The bold orange and red hues mean that this recipe provides a brilliant melange of antioxidants and fibre that help to support a thriving microbiome.



## SERVES 2

### You'll need

300g	organic tofu
½	medium cauliflower
1 tsp.	turmeric
1 tsp.	extra virgin cold pressed rapeseed oil
½ tbsp	arrowroot
2 tsp.	smoked paprika
2 tsp.	ground cumin
½ tsp.	chipotle chilli flakes (or chilli flakes, which won't be as smoky)
1 tbsp.	coconut aminos or tamari
	smoked sea salt
	black pepper
150g	baby carrots
1 tbsp.	coconut oil
1	garlic clove, crushed
2 tsp.	curry leaves
1 tbsp.	mild curry powder
1 tbsp.	unsweetened peanut butter (I prefer crunchy but smooth is fine too)
2 tbsp.	tomato paste
2 tbsp.	fresh lemon juice
100g	spinach leaves
100g	frozen peas
1 tbsp.	desiccated coconut

### To serve

1 tbsp.	roasted peanuts
	fresh coriander



## METHOD

Preheat the oven to 200°C/Gas 6. Line a baking sheet with baking parchment.

Cut the cauliflower into florets and place on the baking tray. Drizzle with the rapeseed oil and the turmeric, as well as some salt and pepper and toss until coated. Bake in the oven for 25-30 minutes.

In a large bowl mix the arrowroot, smoked paprika, cumin, chilli flakes and a couple of generous pinches of smoked salt and black pepper. Cut the tofu into 12 pieces and add along with the coconut aminos, mix to coat the tofu evenly. Place on the baking sheet and bake for 25-30 minutes until golden and crisp.

Steam or lightly boil the carrots until tender then drain. Heat the coconut oil in a large saucepan over a medium heat. Add the garlic and cook for 1 minute then add the carrots, curry leaves, curry powder, peanut butter, tomato paste and lemon juice, mix together and cook for a further minute. Add the spinach and the peas cook for another minute. Remove from the heat and stir through the coconut.

Serve the curry alongside the tofu and garnish with a sprinkle of coconut and fresh coriander.

# GRIDDLED LEEKS *WITH* ANCHO & HAZELNUT ROMESCO

BY THOMASINA MIERS



Thomasina Miers co-founded Wahaca and cooks, writes and campaigns on better access to good food for all. She helped set up Chefs in Schools, trying to change how Government thinks about food shifting the idea of real food being a luxury to the an essential. She has known Lily, founder of Detox Kitchen, for years. As female founders they became friends early on and share a belief in the importance of eating real food for pleasure and for health. Together we created our earliest guest range of fresh, nourishing and sustainable ready-to-eat dishes in January 2021. Tommi and Detox Kitchen came together again in May 2023 to pay tribute to Tommi's amazing travels around Mexico by creating a range of punchy dishes inspired by Mexican flavours.

## SERVES 4

### You'll need

- 6 medium leeks, trimmed
- rapeseed oil or olive oil for brushing
- 1 tbsp. chopped tarragon leaves

### For the sauce

- 60g hazelnuts, plus a tablespoon for garnish
- 2 ancho chillies, stem and seeds removed
- 2 red peppers, halved and de-seeded
- 2 large ripe tomatoes, halved
- 6 unpeeled garlic cloves
- 140ml extra-virgin olive oil
- 1 small slice sourdough or other peasant-style bread
- 2 tbsp. red-wine vinegar
- 2 tsp. sweet smoked pimentón (paprika)
- ½-1 tsp. soft brown sugar or maple syrup



Romesco is a rich, smoky sauce from Catalonia which harnesses the sweet, charred flavours of roast tomatoes and garlic with nuts and chillies. The ancho chilli from Mexico is very similar to the Spanish Nora commonly used in this sauce so it feels like a natural step to give it a Mexican accent with the ancho. Red wine vinegar adds sparkle. A delicious sauce to accompany the leeks or any kind of char-grilled vegetable, including asparagus.

## METHOD

Pre-heat the oven to 200C and whilst it is coming up to temperature put the hazelnuts in on a tray and toast for 5-10 minutes, until pale golden. Put a timer on as they are easy to burn!

Line a large tray with greaseproof paper and lay out the peppers and tomatoes, skin side up. Roast for ten minutes, then add the garlic cloves and roast for another 20-25 minutes until the peppers and tomatoes are blackened all over and the skins are shrivelled. Cover with another baking sheet for 10 minutes and then peel the peppers as well as you can, not minding about the occasional stubborn piece.

Meanwhile, heat a frying pan over a medium heat and when hot, toast the ancho chilli pieces for a minute or two until fragrant. Try not to burn! Tip them into a bowl, cover with boiling water and leave to soak for 15 minutes. Heat two tablespoons of oil in the same pan and gently fry the bread until golden on both sides.

Whilst the peppers are roasting trim the leeks and halve them from top to bottom, washing any soil away. Put the leeks in a second baking dish, cut side down and fill it up with half an inch of water. Bake in the same oven for 15 minutes until they have softened. Drain and set aside.

Using a large pestle and mortar or food processor, grind the hazelnuts, peeled garlic cloves, drained chillies, pimentón, bread and half a teaspoon of salt until you have a smooth paste. Pummel in the tomatoes and peppers until incorporated, then work in the vinegar and oil. Taste and season with salt, pepper and a little brown sugar or maple syrup (how much you need depends on how ripe the tomatoes are). If the sauce is very thick, thin with a splash or two of water.

Heat a griddle pan over a high heat, rub the leeks with a little oil and lay them out in a single layer (you may have to do this in two batches). Press down with a heavy pan and grill for a few minutes one side and then turn to grill the other side until the leeks are nicely marked on both sides.

Serve the leeks on a warmed plate over a delicious pool of the romesco and scattered with the nuts and tarragon and a final flourish of olive oil.

# THAI SHRIMP SALAD

BY CLEMMIE PELLEW-HARVEY



Clemmie is a certified Nutritional Therapist and Detox Kitchen ambassador. Currently, she works as head of the nutrition clinic for The Kyros Project at Google DeepMind. She also has her own online platform where she offers private consultations to clients who are looking to lead a healthier life.



This Thai shrimp salad is a delicious dish with succulent shrimp, fresh veggies, and a zesty Thai dressing. It's rich in lean protein, antioxidants, and vitamins like C and selenium for skin and immune health. This nutrient-packed meal supports overall well-being. At only 168 cal and 22g of protein per portion, this is the perfect meal to kick-start your healthy regime! Grab the entire Recipe Pack in my March newsletter.

## SERVES 4

### You'll need

#### For the salad

- 400g medium-sized shrimp, washed and cleaned (peeled and deveined)
- 1 tbsp. olive oil
- ¼ red cabbage, thinly shredded
- 1 carrot, shredded, or cut into matchsticks
- 60g mixed salad leaves
- 15g mint leaves
- 10g coriander, leaves
- 4 spring onions, trimmed, cut into 3 cm pieces
- ½ lime, to serve

#### For the dressing

- 1 tbsp. coconut sugar or honey
- 3 tbsp. fish sauce
- 2 tbsp. lime juice
- 2 tbsp. tamarind paste
- 1 tbsp. chilli paste

## METHOD

Add the olive oil to a non-stick skillet over medium-high, add the shrimps and cook for 1-2 minutes on each side, until the shrimps become opaque. Remove from the heat and set aside.

Place all the dressing ingredients into a small bowl and whisk together to make the dressing.

To assemble the salad, place the shredded cabbage, carrot, salad leaves, spring onions, cooked shrimps and ¾ of the herbs into a large bowl. Pour over the salad dressing and mix well.

Divide the salad equally between 4 plates and top with the remaining herbs.

Serve the salad with a wedge of lime.



# ROASTED CAULIFLOWER AND SPICED LENTILS

BY MADELEINE SHAW



Madeleine has been in the wellness industry for 10 years now. She started her journey as a nutritionist and home cook, then later trained as a yoga and meditation teacher. Her Sunday Times' Bestselling book (Get the Glow), in many ways is still the cornerstone of her philosophy and brand, has sold over 150,000 copies to date. We collaborated with Madeleine to launch both The Plant Plan and a range of dishes, available on all menus now!



We always say when in doubt, lentils. Lentils are simple, accessible, hearty, great for your gut, affordable and a good source of plant-based protein. And they're fun to jazz up, which is exactly what we did with this recipe in collaboration with Madeleine Shaw. Lentils have never tasted so good with all those spices and flavours, and a zingy salsa verde to top!

## SERVES 2

### You'll need

- 1 cauliflower
- 1 tbsp. vegetable oil
- ½ tsp. chilli powder
- Pinch cayenne pepper
- 2 tsp. maple syrup
- 25g walnuts
- ½ red onion
- 2 garlic cloves
- ¼ tsp. turmeric, ground
- ½ tsp. cumin, ground
- ¼ tsp. ginger, ground
- 200g green lentils
- 150g tomatoes
- 1 tbsp. lemon juice
- small handful of fresh parsley, chopped
- ½ tsp. salt
- 1 tsp. black pepper

### For the Salsa Verde

- small bunch mint
- small bunch parsley
- Small bunch basil
- 50g capers
- 1 tsp. Dijon Mustard
- ½ tsp. Maldon salt
- 50ml olive oil

## METHOD

Preheat the oven to 190c. Cut the cauliflower into small florets. Mix with the veg oil, chilli powder, cayenne pepper, maple syrup and salt. Roast for 30 mins until golden and tender.

Toast the walnuts in the oven for 10 minutes or until golden brown.

Meanwhile, cook the brown lentils. Place the lentils in a large pan of cold water, bring to the boil and simmer for 20 minutes, the lentils should be soft but still have a bite to them. They should not be mushy.

Add vegetable oil to the pan, add the onion and cook for 5 minutes, until the onion starts to brown.

Add the garlic, turmeric, cumin, salt and ginger. If it gets too dry, add a little bit of water. Cook for a further 30 seconds.

Add the lentils and tomatoes. Stir well and cook for a further 10 minutes. Remove from the heat, and stir in the lemon juice.

Make the salsa verde by finely chopping the herbs and capers. Place them into a small bowl and mix in the mustard, olive oil, salt and pepper.

Garnish with fresh parsley.



# TACO SOUP

BY EVE KALINIK



Eve is a nutritional therapist and author with a specialism in gut health. She also consults and creates content for brands and co-host a podcast called The Wellness Breakdown. Her motivation in all of my work is to empower others to take ownership of their health and to simplify a lot of the confusing and contradictory information and jargon out there. She's had a close relationship with The Detox Kitchen since they launched. Together they brought out a range of gut-focussed dishes and The 10-Day Gut Reset in September 2023.



This comforting bowl features the classic ingredients that make up a really great taco! It is rich in a melody of vibrant sources of fibre and polyphenols which means it provides gut nourishing benefits as well as plenty of delicious flavours. Have fun playing with a variety of toppings and to amplify this cosy soup even more. This is sure to be one that all the family will enjoy and it freezes well too.

## SERVES 4

### You'll need

#### Taco seasoning

- 1 tsp. mild chilli powder (feel free to go hotter if you wish!)
- 1 tsp. chipotle chilli flakes
- 2 tsp. ground cumin
- 2 tsp. smoked paprika
- ½ tsp. onion powder
- ¼ tsp. garlic powder

#### Soup

- 2 tbsp. extra virgin olive oil
- 1 large red onion, peeled and finely chopped
- 1 red pepper, deseeded and diced
- 2 tsp. garlic infused olive oil (or 2 cloves of crushed garlic)
- 2 fresh jalapeños, deseeded and sliced into fine rings
- 1 tbsp. tomato paste
- 1 x 400g can pinto beans, drained
- 1 x 400g can black beans, drained
- 1 x 400g can chopped tomatoes
- 325ml organic chicken bone broth (sub for vegetable for plant-based version)
- 175g sweetcorn
- 1 lime, juiced
- 25g fresh coriander, roughly chopped, save a little on the side to garnish

## METHOD

Mix together the taco seasoning in a small bowl and set aside.

In a large saucepan with a lid heat the olive oil over a medium heat. Add the onion and red pepper and cook until softened, around 6 mins, stirring occasionally.

Add the garlic oil (or garlic cloves), jalapeño slices and taco seasoning and cook for a further minute. Add the tomato paste and cook for around a minute.

Add the pinto and black beans and cook for a further 2 mins. Add the tomatoes and broth and increase the heat to medium-high and bring to the boil. Add a generous pinch of sea salt.

Reduce to medium-low. Cover and simmer for around 20 mins, stirring occasionally.

Add the sweetcorn, lime juice, and coriander. Cover and simmer for a further 10 minutes.

Serve with the rest of the coriander and your choice of toppings.

# PISTACHIO RISOTTO

BY ANNA JONES



Anna Jones is a cook, writer, the voice of modern vegetarian cooking and the author of the bestselling *One: Pot, Pan, Planet, A Modern Way to Eat*, *A Modern Way to Cook* and *The Modern Cook's Year*. Anna believes that vegetables should be put at the centre of every table and is led by the joy of food and its ability to affect change in our daily lives. Collaborating with Anna in January 2022 was a true highlight. Together, we created our first dynamic vegan range for our menus celebrating the wonders of delicious, seasonal and plant-rich food.

This recipe was created for Detox Kitchen's collaborative range with Anna. It is a simple and easier take on the classic risotto, elevated by the addition of pistachios, adding decadence and richness, whilst maintaining its true nourishment value.

The pistachios are blitzed with green pepper and basil to create a creamy and vibrant green sauce that is mixed into a base of nutty brown rice and finished with nutty vegan parmesan, extra pistachios and basil for that final finesse.



## SERVES 2-4

### *You'll need*

4	green peppers
75g	pistachios
1	clove garlic
	lemon juice
100ml	olive oil
	large bunch basil, extra for the garnish
50g	spinach
2 tbsps.	vegan parmesan (we make ours by blitzing pine nuts, nutritional yeast, sunflower seeds, salt and pepper)

### *For the risotto*

200g	short grain brown rice
1 tbsps.	olive oil
1	white onion, diced
2	cloves garlic, minced
1 tbsps.	vegan butter/margarine/olive oil
1	leek, diced
200ml	coconut milk
200ml	oat milk

## METHOD

Char the peppers and leave in a bowl with a lid on to sweat. Then peel and deseed them, and place in a food processor with the pistachios, garlic, lemon juice, olive oil, basil leaves, spinach and half the vegan parmesan, and blend until smooth. Add some of the oat milk if it's too thick.

Tip this mixture into a saucepan and add the coconut milk and oat milk and simmer for 5 minutes. Season with salt and pepper.

Cook the brown rice separately according to the packet instructions, usually between 20-30 minutes until al dente. In a large saucepan, heat a little olive oil and sauté the onions and garlic for 10 minutes until translucent. Add in a knob of margarine and the chopped leeks and cook for a further 5 minutes until the leeks are softened.

Add the cooked rice to the onions along with the green pepper sauce and simmer together for 5 minutes. Stir in the remaining vegan parmesan. Serve with a sprinkling of fresh basil and chopped pistachios.

# WILD MUSHROOM & TRUFFLE CHICKPEA PASTA

BY PHOEBE LIEBLING



Phoebe Liebling is a Nutritional Therapist and Health Entrepreneur. She has been in clinical practice now for over a decade, with an unrelenting passion for education within healthcare. In addition to clinical work, elements of which she shares freely through social media, she has founded 2 businesses - Nutri Tailor and The360 - to make her professional guidance more available to everyone. We worked with Phoebe to first launch the 3-Day Reset.

I had to remove gluten from my diet over 15 years ago and so I have definitely seen the huge evolution gluten free products have gone through in that time. Still many options for gluten free pastas aren't that great, they rely on binding agents or more refined ingredients to mimic the naturally occurring protein structure of a gluten containing pasta. Which is why I came up with my chickpea flour version!

The protein and fibre in a chickpea seamlessly slots in to replace gluten protein giving the elasticity to the pasta dough. It has a wonderful, slightly nutty flavour about it and compared to something like a more refined corn pasta, will keep you satisfied for longer, balance your blood sugar levels, support hormone health and most importantly brings the fun of pasta making to all! We have paired this chickpea pasta recipe with Detox Kitchen's deliciously unapologetic, silky pot of wild mushroom and truffle oil spaghetti. Bon appetit!



## TO MAKE THE CHICKPEA PASTA

### You'll need

2	eggs
1 ½ cups	chickpea flour
¼ cup	tapioca flour
½ tsp.	sea salt
2 tsp.	olive or avocado oil

### METHOD

Add all the dry ingredients to a bowl. Make a well in the centre, add the eggs & combine with your hands until you have a crumbly mixture. Then knead in the olive oil until you can bring the dough together into a smooth ball. Cover & leave to rest for 20-30 minutes.

If you have a pasta machine you can process the dough through this, or dust a large surface with a little more chickpea flour & use a rolling pin to roll out into a 2mm piece. Then slice into strips with a large sharp knife (I'd use a carving knife as these tend to be finer).

To cook, bring a large pot of water to a boil. Add a large pinch of salt & drop the pasta in. Cook for 1-3 mins depending on the thickness of your pasta.

Serve with your favourite sauce!

## SERVES 2

### You'll need

1 tbsp.	olive oil
2	shallots, finely diced
2	cloves garlic, diced
200g	chestnut mushrooms, sliced
200g	shitake mushrooms, sliced
1	sprig rosemary, remove leaves and discard stalk
5	sage leaves, roughly chopped
200ml	coconut milk
300g	chickpea pasta
1 tbsp.	capers
1 tsp.	marmite or nutritional yeast flakes (optional)
20g	sunflower seeds
20g	pumpkin seeds
	Maldon salt
	cracked black pepper
	drizzle of truffle oil (optional)

## METHOD

Heat the oil in a pan and add the shallots and garlic, sauté until translucent. Add the mushrooms and coat in the oil, cook until lightly browned. Add the herbs and sauté for a few more minutes to release the oils.

Add the coconut milk, bring everything to the boil and then reduce to a simmer for 5 minutes.

Meanwhile bring a pan of salted water to the boil and cook your pasta. I have used Waitrose gluten-free spaghetti, which is a really good gluten-free version.

Add the capers and marmite to the mushrooms and a splash of water if needed. Simmer for a further 5 minutes and turn the heat off. Add in the cooked pasta with a ladle of the cooking liquid and serve on either a sharing platter or in two bowls.

On a medium heat in small frying pan, heat the seeds until they are golden. Add these to the mushrooms and pasta with a drizzle of truffle oil, pinch of salt and good grind of black pepper.



# THAI GREEN CURRY

BY ROSE FERGUSON



Rose is a certified Functional Medicine Practitioner, on a mission to empower your well-being. As the 'Queen of the Reset,' Rose provides a trusted platform, offering evidence-based tools and resources. Her goal is to assist individuals in making informed decisions about their diet, lifestyle, and overall health. Rose worked with Detox Kitchen to produce the bespoke Complete Cleanse in June 2021.



This Thai Green Curry is brimming with health benefits. Packed with vibrant ingredients like broccoli, sugar snap peas, edamame beans, and coconut milk, this curry offers a spectrum of vitamins, minerals, and antioxidants that support immune health, aid digestion and contribute to vibrant skin.

The homemade green curry paste, featuring garlic, green chillies, and turmeric, adds anti-inflammatory and metabolism-boosting properties. The use of avocado seed oil brings healthy fats while the combination of aromatic spices like coriander, cumin, and lemon grass promotes digestive wellness and adds depth of flavour.

## SERVES 1

### *You'll need*

- 1 x 400g can coconut milk
- ½ a head of broccoli
- 100g sugar snap peas
- 1 courgette
- 1 onion, diced
- 2 spring onions
- 100g edamame beans
- 350g chicken mini fillets (350g) (or tempeh, beans or tofu).
- 1 tbsp. coconut oil

### *For the paste*

- ½ tsp. coriander powder
- 1 tsp. whole cumin powder
- ½ tsp. ground pepper
- 3 small green chillies
- 1 green bell pepper
- 5 cloves garlic
- 2 stalks lemongrass
- 1 tbsp. fresh sliced ginger
- 6 spring onions
- 1 tsp. ground turmeric
- ½ tsp. salt
- 3 tbsp. lemon juice
- 1 lime, zested and juiced
- 2-3 tbsp. avocado seed oil

## METHOD

First, make the paste - this is so easy - just put all the ingredients into a blender/food processor and pulse until entirely smooth.

For the curry, in a pan add the coconut oil along with the onion. When onion has softened add 6 tbsp of the paste and the courgette. Fry for 2 minutes.

Add the sugar snaps, broccoli, and edamame beans and mix through. Pour in the coconut milk and place on a low heat.

In a separate pan, add the chicken to some coconut oil and seal the meat until it starts to brown, then add this to the vegetable pan and allow to cook through for about 15-20 mins.





# SPINACH GNOCCHI, WILD GARLIC PESTO, WATERCRESS & PUMPKIN SEEDS

BY GIULIA BERRETTI

This recipe, specially developed with Detox Kitchen for International Women's Day, is a twist on a classic - spinach gnocchi, wild garlic pesto, adorned with pumpkin seeds and watercress. It is testament to what you can do with simple, wholesome ingredients. Full of flavour, super green and jam packed with nutrients, this is a pasta dish that will nourish your body and fuel your joy.



Giulia is the founder of Sunny & Luna, a brand that makes delicious authentic pasta with a healthy modern twist replacing at least half the heavy carbs of fresh pasta with the nutritional goodness of fresh veggies. They believe healthy nourishing food should never be bland, disappointing, or ultra-processed. After all, food is not only fuel for your body, but also fuel for your joy.

Giulia's story as a founder is one held up by and inspired by amazing women. From the factory which is run by incredible women, and the inspiring entrepreneurs Giulia looked up to, to their talented team of advisors, fiercely passionate investors, and the team on the ground, Sunny & Luna is built by women, grown by women and will continue to be shaped by women.

## SERVES 2

### You'll need

- 1 pack Sunny and Luna spinach gnocchi
- handful fresh watercress
- 50g pumpkin seeds

### For the pesto

- 100g fresh basil leaves, washed and dried
- 50g wild garlic leaves (optional), washed and dried
- 3 tbsp. pine nuts
- 100ml extra-virgin olive oil, plus extra to serve
- pinch of sea salt
- 50g freshly grated parmigiano-reggiano cheese or vegan parmesan (we make ours by blitzing pine nuts, nutritional yeast, sunflower seeds, salt and pepper)
- 50g freshly grated pecorino cheese or vegan parmesan

## METHOD

Start by making your pesto. Put the basil, wild garlic leaves, olive oil, pine nuts, and a good pinch of sea salt into the bowl of a food processor. Whiz until smooth.

Transfer to a large bowl, and mix in the two grated cheeses with a spoon or by hand (worth it for the texture). Once the cheese has been evenly dispersed, set your pesto aside while you fry the gnocchi.

In a large non-stick frying pan over a medium heat, add a couple of tablespoons of olive oil. Add the gnocchi, and fry for 5-6 minutes - shaking occasionally - until crispy and golden. Put a kettle of water on to boil.

With a slotted spoon, transfer the crispy gnocchi into the bowl of pesto and stir through a couple of tablespoons of the freshly boiled water to slacken the pesto.

Then, add the pumpkin seeds into the non-stick frying pan and toast gently until fragrant.

Serve the gnocchi with the toasted pumpkin seeds, watercress, and extra grated parm if so desired.

# SWEET POTATO ENCHILADAS

BY THOMASINA MIERS



Together we created our earliest range of fresh, nourishing and sustainable ready-to-eat dishes that our community still talks about. We then came together again to pay tribute to Tommi's amazing travels around Mexico in creating a range of punchy dishes inspired by Mexican flavours.

This dish from Thomasina Miers is one of those dishes where it's highly likely that the eater will say 'this can't be healthy it's far too tasty'. Well, it is, it's super nutritious and perfectly balanced with macro nutrients; protein from black beans, good fats from the olive oil and complex carbohydrate from the beans and brown rice, plus all the micro nutrients in all those herbs and spices! Not to mention the flavour... wow. We were so excited to launch this new dish in collaboration with Thomasina Miers in January 2021 for our first-ever guest chef range!



## SERVES 6

### Enchilada sauce

65g	Guajillo or Ancho chillis
20g	chipotles in adobo or substitute for: (1 tbsp tomato paste, 1 tbsp cider vinegar, 1 tsp. chipotle powder/smoked paprika, ½ tsp. cumin, pinch of garlic powder)
2-3	cloves of garlic, roughly diced
2	red onions, roughly diced
1 tsp.	Mexican oregano
1 tbsp.	olive oil
	Pinch salt
20g	honey
500g	tinned tomatoes
900ml	water

### For the enchilada

45g	olive oil
2	onions, sliced
3	garlic cloves, sliced
700g	sweet potato, cut into chunks
750g	black beans, drained and rinsed
12	corn tortillas
200g	vegan parmesan (we make ours by blitzing pine nuts, nutritional yeast, sunflower seeds, salt and pepper)

### For the rice

250g	brown rice, rinsed
1	bunch of coriander, leaves and stalks chopped
2	limes, juiced
30g	olive oil

## METHOD

Toast the chilli in a dry hot pan on both sides for 20-40 seconds until it darkens a little and smells fragrant, then simmer in a pan of boiling water (900ml) for 15 minutes.

Remove chilli from pan (retaining water), remove the stem and seeds then place in a blender with onion and garlic and blitz until smooth.

Place in a pan along with the other ingredients and retained water and simmer for 15 minutes. Check the seasoning. Cool.

Meanwhile, put your rice on. Place it in a pan with at least 6 times the amount of water and a pinch of salt and bring to the boil. Cook for 30 minutes until tender, then drain and cool.

For the enchilada, warm 30g oil in a large pan and fry the onions and garlic with a pinch of salt over a low heat for 15 minutes until soft and sweet.

Meanwhile, warm the remaining 15g oil in a frying pan over a medium-high heat. Add in the sweet potato, season with salt and pepper and sauté for a few minutes then add 300ml water and simmer for 15-20 minutes until the sweet potato is softened.

Add the sweet potato to the onion pan after 15 minutes, along with half the enchilada sauce and the beans. Simmer for a couple of minutes then cool.

Lay out the tortillas and divide the sweet potato mix between them. Roll them into cigars, then place them, seam side-down in a baking dish. Pour over the rest of the sauce, sprinkle with vegan cheese.

To finish off the rice, stir in the coriander, lime juice and olive and season to taste. Serve alongside the enchilada.



# PARSNIP, MISO, OAT & SHALLOT BOULANGERE

BY GIZZI ERSKINE



Gizzi Erskine is an internationally celebrated chef, broadcaster, podcast presenter and award-winning food writer. Gizzi was one of the innovators of the Pop-up restaurant scene doing her first event over 20 years ago and words like pop-up, residency and supper club were coined within the scene she was part of way back then. Over the years she has launched and owned multiple restaurants across the UK. She has also brought her love of food and cooking to screen, appearing on many loved shows. Gizzi is the author of best-selling cookbooks *Restore*, *Slow*, *Season's Eatings*, *Healthy Appetite* and *Skinny Weeks and Weekend Feasts*. She has been a columnist for *Sunday Times Magazine*, and is a regular writer for *The Independent*, *The Sunday Times*, *Elle*, *Vogue*, *GQ* and *The Evening Standard*. We so loved collaborating with Gizzi in June 2022, creating three vibrant new dishes together for our menus.



Boulangere is a gratin of potatoes made by cooking potatoes in the juice (stock) and fat of lamb - the unsung hero of the potato dauphinois. Playing around with root vegetables in a gratin is a great way to really understand them. I've replaced the lamb stock and fat with a chicken or vegetable stock pumped up with miso and oat cream, that you can buy or make yourself. The flavour of the oat is what I want here, not the creaminess, and oat and parsnip are dreamy together.

This dish is a good way to show how we often overlook the flavours of the modern plant-based movement. This gratin is superb as a main dish for a supper or served as a side dish, and if you make it with vegetable stock, your vegan friends will thank you.

## SERVES 4

as a side dish

### You'll need

2 tbsp.	oil
4	shallots (very thinly sliced)
500g	parsnips (cut into very fine rounds, ideally using a mandoline or a food processor with a thin slicing attachment)
500ml	fresh chicken or vegetable stock
1 tbsp.	white miso paste
½ tsp.	salt
250mls	oat cream
	few sprigs of thyme
	freshly ground black pepper

## METHOD

Preheat the oven to 240°C/220°C fan/gas mark 9.

Start by sweating the shallots. Heat the oil in a large frying pan over a medium-low heat, add the shallots and cook gently for about 20 minutes, stirring regularly, until beautifully soft and caramelised.

Add the sliced parsnips (I don't think they need peeling - the peel adds a nice texture) to a separate saucepan, along with the stock, miso paste and salt. Bring to the boil then take off the heat immediately. Drain the parsnips, reserving the stock. Return the stock to the pan and cook over a high heat until the volume has reduced to about 150ml and the stock has a thick, syrupy consistency.

While the stock is reducing, you can start constructing the dish. Once the parsnips are cool enough to handle, take a gratin dish (about 2 litre capacity) and make a layer of parsnips on the bottom, two or three parsnip slices thick. Spoon over a thin layer of the shallots, season with pepper and the leaves from the sprigs of thyme. Repeat this process until you have used everything up.

To finish the sauce, add the oat cream to the stock and allow to reduce further for a couple of minutes until thickened slightly. Pour this over the parsnips and put the dish in the oven to bake for 20 minutes, until the top is crisp and golden. Remove from the oven and leave to sit for a couple of minutes before serving.



“It feels as though the last 12 years have gone by in a flash so this is a great opportunity to reflect on all the amazing women we have worked with over the years. It’s also a chance to think about the positive impact we have on so many women’s lives and, having recently been at an event speaking to our new and old customers, I was reminded of some incredible stories where DK played the role in helping reconnect people with the importance of nourishment, both nutritionally and spiritually.”

Lily, Founder of Detox Kitchen.