



detox kitchen.

VEGAN RECIPE GUIDE





MAPLE PORRIDGE WITH BERRY COMPOTE

SERVES 1

INGREDIENTS

50g blueberries
50g blackberries
2 tsp Maple syrup
Whole nutmeg
70g oats
50ml oat milk
1 cinnamon stick

METHOD:

1. First make the compote. Place a small saucepan on the hob and add in the blueberries and blackberries with a splash of water, 1 tsp maple syrup and a few gratings of nutmeg. Simmer on a low heat for 5-10 minutes until the berries have broken down. Turn the heat off and leave to cool.
2. To make your porridge, place the oats in a small sauce pan and add 100ml of water, 50ml of oat milk, a tsp maple syrup and a cinnamon stick. Place on a medium heat and gently simmer for 1-2 minutes. Add more milk or water for your desired consistency.
3. Remove from the heat and discard the cinnamon stick. Tip into a bowl and spoon over the compote.

BREAKFAST POTS

SERVES 1

INGREDIENTS

2 tbsp berry compote

50g granola

100g seasonal fruit

2 tbsp yogurt,
soya or coconut

FOR THE GRANOLA

400g oats

1 tbsp cashew nuts,
roughly chopped

1 tbsp pumpkin seeds

1 tbsp maple syrup

2 tbsp coconut oil

1 tbsp coconut chips

1 tbsp golden raisins

2 tbsp berry compote

50g granola

100g seasonal fruit

2 tbsp yogurt,
soya or coconut

METHOD:

1. Make your compote using the previous recipe (maple porridge with berry compote).
2. Place all of the ingredients for the granola into a bowl and using your hands mix them all together so that they are well combined and the oats are covered in the oil and maple syrup. Transfer them to a lined baking tray and roast in the oven for 15-20 minutes until the oats are golden. Remove from the oven and allow to cool complete before using. You can store them in a air tight jar for up to 1 month.
3. Spoon your granola or muesli into a jar and top with your desired fruit. We love to use pears, passionfruit and pomegranate at this time of year.
4. Then top with your choice of yogurt, soya or coconut, and finally spoon over your compote.
5. Either enjoy straight away or pop the lid on and take it to work with you.





ROASTED BUTTERNUT SQUASH, SUNDRIED TOMATOES & CHICKPEAS

SERVES 1

INGREDIENTS

1/3 small butternut squash

1 small red onion

2 cloves garlic

200g chickpeas

1 tbsp olive oil

Pinch Malden salt

Pinch black pepper

50g sundried tomatoes,
roughly chopped

METHOD:

1. Cut the squash into bite sized pieces, keeping the skin on. Peel the red onion and slice into wedges. Peel the garlic and cut into slices.
2. Place the squash, red onions, garlic and chick peas in a roasting tin. Drizzle with olive oil making sure everything is well coated and season with salt and pepper. Place the tin in the oven and roast for 30 minutes or until the squash is tender.
3. Remove from the oven and add in the sundried tomatoes. Serve immediately or leave to cool and place in a Tupperware if preparing in advance.



QUINOA, AVOCADO & CHERRY TOMATO SALAD

SERVES 1

INGREDIENTS

60g quinoa
1 tbsp brown rice vinegar
1 tbsp olive oil
Pinch Malden salt
Pinch black pepper
20g cashews, chopped
20g pumpkin seeds
10g sunflower seeds
40g cherry tomatoes
40g mange tout
1 avocado

METHOD:

1. Bring a small pan of salted water to the boil and add in the quinoa. Reduce to a simmer and cook for 5-10 minutes until the quinoa is cooked. Drain in a sieve and tip into a mixing bowl.
2. Add the brown rice vinegar, olive oil, salt and pepper and mix well.
3. Place a small saucepan on a medium heat, once the pan is hot add in the nuts and seeds and cook until golden. Add half of these straight to the quinoa and keep the rest aside.
4. Chop the cherry tomatoes in half and cut the mange tout into thin slices. Peel and roughly chop the avocado.
5. Place the quinoa in the bowl, top with the avocado, mange tout and cherry tomatoes, sprinkle over the nuts and seeds and add a drizzle of olive oil.

BLACK RICE & CHARRED CORN SUSHI BOWL

SERVES 1

INGREDIENTS

1 tsp sliced ginger

Malden salt

Juice 2 limes

60g black rice

100g cauliflower florets

1 corn on the cob

20g cashew nuts,
chopped

50g radishes, sliced

1 spring onion, sliced

1 tbsp tamari sauce

1 tsp sesame oil

METHOD:

1. Place the ginger in the lime juice with a pinch of salt and leave to soak until ready to use.
2. Bring a pan of cold water to the boil and add in the black rice, cook on a medium heat for 20-25 minutes until the rice is tender. Drain and set aside.
3. Place the cauliflower florets in the food processor and blitz until they resemble rice, remove from the blender and set aside.
4. Place a griddle pan on a high heat. Once it is hot add the corn and keep turning until slightly charred on all sides. Remove from the heat and leave to cool. Once cooled, hold the corn vertically and using a sharp knife carefully slice off the kernels. Discard the centre of the corn.
5. Place a small frying pan on a medium heat and toast the cashew nuts until golden.
6. Now assemble the dish with the cauliflower rice and black rice, top with the corn, radishes, spring onions, cashews and pickled ginger. Serve with the sesame and tamari sauce in a small pot.





ROASTED BUTTERBEANS WITH GARLIC TOMATOES & CASHEW PESTO

SERVES 1

INGREDIENTS

4 cooked artichokes,
halved

200g cooked butterbeans

50g cherry tomatoes

1 tbsp olive oil

Pinch Malden salt

Pinch pepper

1 courgette

FOR THE PESTO

70g cashew nuts

1 handful spinach

1 tbsp rapeseed oil

1 tbsp water

5 sprigs basil

½ tsp Malden salt

METHOD:

1. Preheat your oven to 180 degrees.
2. Place the beans, garlic, artichoke and cherry tomatoes in a roasting tin, drizzle with olive oil and sprinkle with salt and pepper. Cook in the oven for 25-30 minutes until the beans are golden and crisp.
3. Meanwhile make the pesto by placing all the ingredients in a food processor. Blitz until the consistency is creamy yet still a little chunky. This pesto recipe makes 100g, so store any leftovers in an airtight container and keep it in the fridge for up to 7 days.
4. Using a peeler, peel the courgette into thin ribbons and place in a serving bowl. Top with the cooked beans, artichokes and cherry tomatoes and spoon over the pesto.

SUPER GREEN SOUP WITH BROCCOLI, PEAS & CHILLI

SERVES 2

INGREDIENTS

1 tsp rapeseed oil

1 garlic clove, sliced

1 tbsp fresh ginger, grated

1 shallot, diced

600ml water

Good pinch Malden salt

1 head broccoli, chopped

50g peas

1 big handful baby spinach

50g edamame

METHOD:

1. Sauté the garlic, ginger, shallot and chilli in a little oil for 5 minutes until softened. Add the water and salt and bring to the boil.
2. Add in the broccoli and peas and boil for 2 minutes, then turn the heat off and add in the spinach. Using a stick blender or standard blender, blitz the soup together to your desired consistency. Finally mix through the edamame and serve into a bowl.
3. Place a small frying pan on a medium heat and add in the sunflower and pumpkin seeds and cook until golden.
4. Sprinkle the seeds over your soup and enjoy.





ROASTED AUBERGINE WITH GLASS NOODLES & MANGE TOUT

SERVES 1

INGREDIENTS

½ aubergine
1 tsp sesame oil
70g rice noodles
40g mange tout, sliced
1 spring onion, sliced
40g edamame
Handful coriander, roughly
chopped
20g peanuts, chopped
1 tsp sesame oil
1 tbsp tamari sauce

METHOD:

1. Preheat your oven to 180 degrees.
2. Cut your aubergine in half and score diagonal lines into the flesh. Drizzle with sesame oil and roast in the oven for 25-30 minutes until completely soft.
3. Meanwhile bring a pan of water to the boil and drop in the rice noodles. Cook for 2-3 minutes and then drain and rinse under cold water. Leave in a bowl of cold water until ready to use.
4. Once the aubergine is cooked, drain your noodles and add them to a bowl, place the aubergine on top along with the mange tout, spring onion, edamame, coriander and peanuts. Serve with tamari and sesame sauce. Sprinkle over chilli flakes if desired.

ROOT VEGETABLE TAGINE WITH CAULIFLOWER RICE

SERVES 1

INGREDIENTS

1 tsp olive oil

1 shallot, diced

1 clove garlic, sliced

½ tsp turmeric

½ tsp cumin

Pinch cinnamon

Pinch Salt

Pinch pepper

1 carrot, sliced

½ small sweet potato, diced

50g cherry tomatoes

300g vegetable stock

Handful fresh coriander, chopped

Juice 1 lemon

150g cauliflower florets

20g flaked almonds, toasted

METHOD:

1. In a heavy based dish heat a little oil and add in the onions and garlic and cook until the onions are translucent.
2. Add in the ras al hanout, turmeric, cumin, cinnamon, salt and pepper and stir well for a few minutes ensuring the spices don't stick.
3. Add in the carrots, sweet potatoes and cherry tomatoes along with the stock and simmer for 10 minutes.
4. Add in the coriander and lemon juice and turn the heat off and place the lid on. Set aside until ready to serve.
5. To make the cauliflower rice, place the cauliflower florets in a food processor and blitz until it resembles cous-cous. Then place in a bowl and cover with boiling water for a few minutes, then drain and serve.
6. Place the cauli cous-cous in a bowl and top with the fresh coriander and toasted almonds.





SERVES 1

INGREDIENTS

1 tsp mustard oil

1 shallot, diced

1 clove garlic, sliced

1 tsp grated ginger

1 tbsp curry powder

500ml vegetable stock

150g butternut squash, cut into cubes

1 ripe tomato, sliced

60g quinoa

1 corn on the cob

100ml coconut milk

Handful fresh coriander, chopped

Juice 1 Lime

Pinch Malden salt

Pinch pepper

5 curry leaves

1/2 tsp mustard seeds

CAULIFLOWER, BUTTERNUT SQUASH & CORN CURRY

METHOD:

1. Place a pan on a medium heat and add a little oil. Once the oil is hot add the onions and cook them until they are translucent. Then add the garlic and ginger and sauté for a few minutes until the garlic is golden. Turn the heat down and add the curry powder, continually stir with a wooden spoon for a minute or two to ensure the spices don't stick. Then add the vegetable stock along with the squash and tomatoes. Place the lid on the curry and leave to simmer for 15-20 minutes until the squash is softened.
2. Bring a pan over water to the boil and add in the quinoa, cook for 7-10 minutes until cooked, drain and set aside until you are ready to serve.
3. Meanwhile place a griddle pan on a high heat. Once it is hot add the corn and keep turning until slightly charred on all sides. Remove from the heat and leave to cool. Once cooled, hold the corn vertically and using a sharp knife carefully slice off the kernels. Discard the centre of the corn.
4. Add the corn to the curry along with the coconut milk, fresh coriander, lime juice, salt and pepper and simmer for 5 minutes until hot. Turn the heat off and set aside.
5. Place a small pan on a medium heat and add the mustard oil, add the curry leaves and mustard seeds to the pan and fry until the mustard seeds begin to pop.
6. To serve, place the quinoa in a bowl and top with the curry then spoon over the tempered curry leaves and mustard seeds.



RAW CACAO & CHILLI TRUFFLES

MAKES 12
TRUFFLES

INGREDIENTS

- 2 tbsp cashew nuts
- 5 pitted dates
- 2 heaped tbsp raw cacao powder
- 1 tbsp maple syrup
- ½ tsp salt
- ½ tsp ground cinnamon
- ¼ fresh red chilli, seeded and very finely chopped
- 1 vanilla pod, split open lengthways
- 1 tbsp cacao butter
- 1 tbsp coconut oil

TO FINISH:

Very finely chopped nuts

METHOD:

1. Soak the cashew nuts in a bowl of hot water for 20 minutes, then drain.
2. Put the cashews in a blender or food processor and add the dates, cacao powder, maple syrup, salt, cinnamon and chilli. Scrape the seeds from the vanilla pod and add to the blender. Blitz until smooth.
3. Melt the cacao butter and coconut oil – in the microwave for 1 minute or in a small pan on a low heat. With the blender running, gradually add the melted mixture to the other ingredients and blitz until completely combined.
4. Spread the mixture on a flat tray and leave to cool and firm up in the fridge for 1 hour.
5. Once the mixture is firm, break off small pieces and roll into balls about the diameter of a 10p coin. Roll in chopped nuts. These can be kept in an airtight container for 5 days.

SNACKS

HUMMUS

SERVES 1

INGREDIENTS

200g Chickpeas

50g Tahini

Juice 1 Lemon

2 tbsp Rapeseed oil

Sea salt and pepper

METHOD:

1. Place all of the ingredients in a food processor and blitz until smooth.
2. Add more oil for a smoother texture.

FRUIT

One piece of fruit (apple, pear, orange etc.) or a handful of berries (blueberries, raspberries, strawberries etc.).

Add coconut yoghurt or almond butter for an extra treat!

SEEDS & NUTS

A handful of seeds or nuts (sunflower seeds, pumpkin seeds, sesame seeds, chia seeds and flaxseeds or almonds, pistachios, walnuts and cashews).





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