

Recipes for Your

*Inner
Seasons*

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Spring

Foods To Eat:

Lemon

Avocado

Vegetables

Sprouts



Mini Lemon Tarts

MAKES 12 Tarts | CALORIES PER SERVING 214

INGREDIENTS

For the crust

6 tbsps coconut oil, melted, plus extra for greasing

3/4 cup blanched almond flour, plus extra for dusting

3 tbsps palm sugar

For the lemon curd

Four large egg yolks

2 tbsps maple syrup

1 tsp grated lemon zest

6 tbsps fresh lemon juice

6 tbsps coconut oil, melted

INSTRUCTIONS

Preheat the oven to 425°F and grease the molds of a 12-cup mini muffin tin with coconut oil.

Place the ingredients for the Tart crust in a bowl and mix as you would for a pie crust. Transfer to a work surface lightly dusted with flour and roll out to about 1/8 inch thick. Use a 3-inch cutter to stamp out 12 pastry circles.

Press the pastry circles into the molds of the tin and bake for 8 to 10 minutes or until golden. Make sure you keep an eye on them as they can quickly burn.

Remove from the oven and reduce the heat to 400°F.

Meanwhile, make the lemon curd. Place the egg yolks, maple syrup, lemon zest and lemon juice in a medium heatproof bowl and set over a medium sauce pan of gently simmering water. Whisk them extra constantly for 7 to 10 minutes or until the curd thickens, then removed from the heat and mix in the coconut oil.

Fill each crust with lemon curd and bake in the oven for 8 to 10 minutes or until golden.

Once baked, leave to cool down fully in the muffin tin and chill in the fridge for 15 minutes before removing from the tin. Keep stored in the fridge for up to five days.



Radish Salad

SERVES 2 | CALORIES PER SERVING 85

INGREDIENTS

5 radishes

1/2 small cucumber

Handful of arugula

Handful of watercress

Handful of alfalfa sprouts

Small handful of fresh cilantro,
chopped

Small handful of fresh flat-leaf
parsley, chopped

1 tbsp flaxseed oil

Juice of 1/2 lemon

INSTRUCTIONS

Cut the radishes and cucumber into very thin slices and placed in a large bowl with the greens and herbs.

Just before serving, pour over the flaxseed oil and lemon juice and tossed together well.



Guacamole

SERVES 4 as a side dish | CALORIES PER SERVING 222

INGREDIENTS

Flesh of 2 large avocados

Juice of 1 half lemon

1-2 fresh red chilies, seeded and finally chopped

Pinch of paprika

Small handful of fresh cilantro, finally chopped

1 garlic clove, finally chopped

1 shallot finally chopped

1 tbsp extra-virgin olive oil

Sea salt and black pepper

To serve

Assorted crudites such as endive cucumber asparagus carrots and radishes

INSTRUCTIONS

Place all ingredients in a medium bowl and mash together with a fork until the desired consistency is reached, seasoning with salt and pepper to taste

Serve with assorted crudités on the side.

Try avocado spread on bread, crackers, or on toast with cayenne pepper and pink Himalayan salt.



Seaweed Nori Rolls

SERVES 4 as an appetizer | CALORIES PER SERVING 358

INGREDIENTS

1/4 cup sunflower seeds

3/4 cup raw cashews

1 shallot, chopped

Handful of fresh cilantro, roughly chopped

Handful of fresh mint, roughly chopped

1 tbsp tamari, plus extra for serving

2 1/2 inch knob of fresh ginger, peeled and chopped

1 tbsp apple cider vinegar

For nori sheets

1 carrot, cut into fine batons

1 cucumber, cut into fine batons

1-4 red cabbage, finely sliced

Flesh of 1-2 avocado, finely diced

Handful of alfalfa sprouts

INSTRUCTIONS

Place sunflower seeds and cashews in a food processor with a shallot, herbs and tamari, and process until the mixture has a consistency of cooked rice.

Place the ginger in a bowl, add the apple cider vinegar and 1 tablespoon of water and leave to marinate for 10 minutes. Drain.

Take a Nori sheet and spread one quarter of the sunflower seed and cashew mixture over it, leaving a one half inch border around the edges.

Place the carrot, cucumber, red cabbage, avocado, alfalfa sprouts and marinate ginger in a line down the middle of the rice mixture. Roll up the Nori sheet tightly using a bamboo sushi mat to help you.

Repeat with the three other nori sheets and the remaining vegetables.

Cut each roll into five using a sharp knife and serve with extra tamari.

Summer

Foods To Eat:

Fig

Arugula

Watermelon

Egg



Fig Salad

SERVES 2 | CALORIES PER SERVING 230

INGREDIENTS

3 1/2 oz burrata or buffalo mozzarella

2 fresh figs, quartered

2 large handfuls of arugula

1 tbsp extra-virgin olive oil

1 tbsp balsamic vinegar

Fresh basil, to serve

INSTRUCTIONS

Break the burrata or mozzarella into bite-size pieces and place in a bowl with the figs. Add arugula and mix well to make sure everything is evenly distributed.

Dress at the last minute, drizzling over the olive oil and balsamic vinegar and a zigzag motion, and scatter over the basil leaves to serve.



Watermelon Salad

SERVES 2 | CALORIES PER SERVING 382

INGREDIENTS

1 lb watermelon flesh, cut into chunks

Leaves from one bunch of mint, larger leaves torn

Handful of watercress

1 tbsp extra-virgin olive oil

2 tsps flaxseeds

INSTRUCTIONS

Toss the watermelon, mint and watercress in a bowl.

Serve drizzled with oil and sprinkled with flaxseeds.



Spicy Fish with Limes

SERVES 2 | CALORIES PER SERVING 265

INGREDIENTS

1 whole fish (such as red snapper or Seabass), gutted and cleaned (see tip)

1 fresh red chili, seeded and finely chopped

1 tablespoon honey

1 garlic clove, finely chopped

Handful of fresh cilantro, finely chopped

1 shallot, finely chopped

Juice of one lime

Sea salt

For the salad

Handful of arugula

1 small cucumber, chopped

Juice of 1 lemon

INSTRUCTIONS

Preheat the oven to 350°F.

Score of the skin of the fish diagonally a few times with a sharp knife and rub sea salt into the skin.

Combine the chili, honey, garlic, shallot, cilantro and lime juice in a small bowl and rub this mixture over the fish, inside and out.

Place the fish in the middle of a large piece of parchment paper or foil. Fold the paper or foil over the fish as the wrapping a present, scrunching up the open edges at either end to create a boat shaped parcel.

Place the wrapped fish on a baking sheet and cook in the oven for 20 minutes or until tender.

Meanwhile, combined arugula, cucumber and lemon juice in a bowl.

To serve, fillet the top layer of cooked fish and transferred to a plate then carefully pull away the fish bone and head before transferring the rest of the fillet fish to the second plate. serve with the salad.

TIPS

Ask your fish monger to gut and clean the fish for you, or, if you prefer, simply substitute with four fillets.

This can also be cooked in foil on a barbecue.



Frittata with Salsa Verde

SERVES 4 | CALORIES PER SERVING 408

INGREDIENTS

For the salsa verde

2 scallions, finely chopped
2 tbsps chopped fresh flat leaf parsley
2 tsps balsamic vinegar
Juice of 1/2 lemon
1 tsp honey
4 tbsps extra-virgin olive oil
2 tbsps chopped almonds

For the frittata

1 tbsp butter
2 leeks, finely sliced
2 garlic cloves, finally chopped
2 sweet potatoes, peeled and cut into thin strips (see tips)
1/4 tsp ground cumin
Leaves from eight sprigs of thyme
8 medium eggs
Small handful of fresh flat leaf parsley, finely chopped
2 oz Parmesan cheese, grated
1 oz artichoke hearts from a jar washed, drained and cut in half
Sea salt and black pepper

INSTRUCTIONS

Preheat the oven to 425°F.

Place all the ingredients for the salsa verde in a food processor and blend to the desired consistency.

Melt half cup butter in a large ovenproof skillet over medium heat. Add leeks and garlic and cook for five minutes until softened, then transfer to a plate and set aside.

Melt the remaining butter in a pan, add the sweet potatoes, cumin and thyme and cook over medium high heat for 5 to 8 minutes until tender and golden. Remove the pan from the heat.

Remove the sweet potatoes from the pan and place on paper towels to absorb some of the moisture.

Place the eggs in a bowl with the parsley and parmesan and whisk together.

Transfer the leek mixture and sweet potatoes back into the pan, add the artichoke hearts and mix. Season with salt and pepper and pour in the egg mixture.

Place the pan in the oven and bake for 15 minutes or until firm (see tip). Divide between plates and serve with the salsa verde.

Fall

Foods To Eat:

Apple

Pumpkin

Soup

Root Veggies



Stewed Apples with Cinnamon

SERVES 2 | CALORIES PER SERVING 238

INGREDIENTS

6 cooking apples, peeled, cored and cut into bite-size pieces

1 cup boiling water

1 tbsp honey, plus extra to serve

1 1/2 tsp vanilla extract

1 tsp ground cinnamon

2 tbsps natural Greek yogurt, to serve (optional)

INSTRUCTIONS

Place some apple pieces in a medium sauce pan and add the hot water. Add a honey, vanilla and cinnamon and stir to combine.

Cover, bring to a simmer and cook over gentle heat for 20 minutes or so.

When the apples are soft and caramel colored, remove from the heat and serve with the yogurt (if using) and additional honey.



Kale Soup

SERVES 2 | CALORIES PER SERVING 185

INGREDIENTS

1 large fennel bulb, roughly chopped

1 leek, roughly chopped

1 tbsp olive oil

1 tbsp raw coconut oil

1 onion, chopped

2 garlic cloves, finely chopped

1 tbsp vegetable bouillon powder or one vegetable stock cube

10 kale leaves, large stems removed, roughly chopped

Handful of spinach

Sea salt and black pepper

1 tsp grated nutmeg, to serve

INSTRUCTIONS

Preheat the oven to 400°F.

Place the fennel and leek on a baking sheet or roasting pan, add the olive oil and toss together. Bake in the oven for 15 to 20 minutes.

Melt the coconut oil in a large sauce pan over low heat. Add the onion and garlic, place a lid on the pan and sweat for about five minutes or until the onion is translucent and softened.

Pour 5 cups of water into the pan and add the vegetable bouillon powder or stock cube. Add the roasted fennel and leek, along with half the chopped up kale leaves. Season with salt and pepper and give everything a stir.

Bring to a boil and leave to bubble away for 20 minutes. Add the remaining kale and all the spinach, then simmer over medium low heat for another 10 minutes.

Let it cool down slightly, then purée until smooth in a standalone blender or using an immersion blender. Reheat as needed and sprinkle with nutmeg to serve.



Roast Pumpkin Soup

SERVES 4 | CALORIES PER SERVING 224

INGREDIENTS

Flesh of 1 small pumpkin, cut into 2 inch chunks (see tip below)

1 tbsp olive oil

2 tbsps raw coconut oil

2 garlic cloves, finely chopped one shallot, finely chopped

5 cups chicken stock or vegetable stock

Sea salt and black pepper

Small handful of fresh sage leaves, chopped, to garnish

INSTRUCTIONS

Preheat the oven to 425°F.

Place the pumpkin on a baking sheet or roasting pan, add the olive oil and a pinch of salt and toast together. Roast in the oven for 30 minutes or until tender.

Melt the coconut oil in a large sauce pan over medium heat. Add the garlic and shallot and cook for five minutes or until the shallot is translucent.

Add the roasted pumpkin and the stock to the sauce pan and bring to a boil. Reduce the heat and simmer for 20 minutes or until tender. Check for seasoning, adding salt and pepper to taste.

Blend the soup until smooth in a food processor, or in the pan using an immersion blender, and garnish with the chopped sage before serving.

TIP

Be sure to reserve a handful of the pumpkin seeds and cook them in the oven at the same time. Scatter them in a separate large pan and cook for about five minutes, keeping an eye on them and turning frequently to ensure they don't burn. They're highly nutritious in their own right and an excellent source of roughage – the roasted seeds can be sprinkled over the finish soup.



Brown Rice and Vegetable Pilaf

SERVES 6-8 | CALORIES PER SERVING 398

INGREDIENTS

1/4 cup coconut milk	Handful of green beans, cut into short lengths	1 tbsp miso paste
1 shallot, finely chopped	Handful of spinach	1 cinnamon stick
2 garlic cloves, finely chopped	1 tbsp curry powder	4 cardamom pods
1 tbsp grated fresh root ginger	1-4 teaspoon ground turmeric	1 Bayleaf
Flesh of 1 pumpkin or butternut squash, diced	3/4 cup brown jasmine rice	Sea salt and black pepper
1 eggplant, diced	3 tbsps soy sauce	
1 piece of tenderstem broccoli, diced		

INSTRUCTIONS

Heat the coconut milk in a large sauce pan. Add the shallot, garlic and ginger and simmer over low heat for five minutes.

Add the pumpkin and eggplant and cook for another five minutes, then add the broccoli, beans and spinach and cook for another five minutes, I think a splash of water if needed, until all the vegetables have softened.

Add the curry powder and turmeric, and stir in well, seasoning to taste with salt and pepper.

Add the rice and add the soy sauce and miso paste, stirring in to combine. Pour in 1 cup water and stir well, then add the cinnamon stick, cardamom and Bayleaf.

Cover the pan with a lid and bring to a boil, then reduce the heat and simmer for 30 to 35 minutes or until the rice is cooked.

Remove from the heat and leave for 10 minutes with the lid on. Discard the cardamom pods, Bayleaf and cinnamon stick before serv



Naked Fish Pie

SERVES 4 | CALORIES PER SERVING 340

INGREDIENTS

2 large sweet potatoes, peeled and cut into small chunks

2 tbsps butter

1/4 cup gluten-free flour

1 1/2 cups 1% milk (see tip below), warmed

Juice of 1/2 lemon

1 1/4 cups vegetable stock

1 tsp whole-grain mustard

2 tbsps grated Parmesan cheese

1 lb white fish fillets (such as cod, hake, haddock and pollock), cut into chunks

1 small fennel bulb, halved and thinly sliced

Sea salt and black pepper

INSTRUCTIONS

Preheat the oven to 425°F.

Place some potatoes in a large pan filled with water and boil for 10 minutes or until tender. Drain before mashing with a potato masher, adding salt and pepper to taste.

Meanwhile, make a white sauce by first melting the butter in a medium sauce pan over medium heat. Add the flour and stir for about two minutes or until a paste forms. Next slowly add the milk, stirring all the while, until you have a smooth sauce. Continue to stir the sauce for further 5 to 10 minutes until it thickens.

Add the lemon juice to the sauce, followed by the stock and mustard. Season to taste with salt and pepper and stir in one tea spoon of Parmesan. Bring to a simmer and cook for one minute before removing from the heat.

Place the fish in a medium oven proof dish with a slice tunnel. Pour over the white sauce on top with a sweet potato mash. Sprinkle the remaining Parmesan over the top.

Place the dish on a baking sheet. Transferred to the oven for 40 minutes or until cooked through and golden. Serve immediately.

TIP

You can replace the one percent milk with coconut milk to lend a more southeast Asian flavor to the fish.

To round out the meal, serve with a green vegetable such a spinach, kale or broccoli.



Miso Soup

SERVES 4 | CALORIES PER SERVING 30

INGREDIENTS

5 strips of wakame (seaweed)
5 cups still mineral water
1 shallot, thinly sliced
2 tbsps miso paste
2 oz tofu or tempeh, cut into small cubes
Sea salt or tamari

To garnish (optional)
Scallions, chopped
Fresh chives, snipped
Watercress, dried
Crushed red pepper flakes
Grated fresh ginger

INSTRUCTIONS

Soak the wakame in the mineral of water for 10 minutes and cut into 1 inch strips.

Place the wakame, and it's soaking water in a large pan with a shallot and bring to a boil. Reduce the heat and simmer for 10 to 20 minutes or until tender.

Transfer 1 1/2 cups of broth from the sauce pan into a bowl. Allow the broth in the bowl to cool a little, then stirring the miso. (The broth should not be boiling, as it could kill the live bacteria and enzymes in the miso.)

Pour the miso mixture into the soup in the pan, then add the tofu or tempeh and season to taste with sea salt or tamari. Serve with your choice of garnish.



Sardines on Buckwheat Flatbreads

SERVES 4 | CALORIES PER SERVING 280

INGREDIENTS

4 tbsps buckwheat flour, plus extra for dusting

Raw coconut oil, for frying

4 fresh sardines, gutted and cleaned (ask your fishmonger to do this)

Handful of fresh parsley, finely chopped, plus extra to serve

Juice of 1/2 lemon

Salt

Freshly ground black pepper

To serve

1 watermelon radish (or a handful of red radishes), sliced into thin circles

Lemon wedges

INSTRUCTIONS

Place the flour in a bowl with 2 tablespoons of water and knead together to make a dough. (Fuck we can be quite sticky so you may need to add more flour.)

Roll the dough into a tube and slice into four sections. On a work surface lightly dusted with flour, roll each piece out into a flatbread about one 8th inch thick.

Heat a little coconut oil in a medium nonstick skillet over medium heat add a flatbread and cook on each side for 2 to 3 minutes or until browned. Transferred to a plate and cook the remaining flatbreads in the same way.

Meanwhile, cook the sardines. Melt 1 tablespoon of coconut oil in a large skillet and add the sardines, parsley and lemon juice. Season with a little salt and pepper and cook over medium heat for five minutes on each side or until cooked through (see tip).

To assemble, place slices of radish on top of each flatbread, topped with a sardine and served with extra parsley sprinkled over and a wedge of lemon.

TIP

The only downside of cooking fresh sardines is that they will stink up your house! To avoid this, cook them outdoors on the grill.



Perfumed Chocolates

MAKES 20 - 24 chocolates | CALORIES PER SERVING 180

INGREDIENTS

For the almond paste

1/2 cup blanched almonds

3 tbsps unsweetened desiccated chocolate

1 tbsps coconut oil

2 tbsps Xylitol

8 oz raw coconut butter

12 tbsps Raw cacao (or cocoa) powder

3 tbsps maple syrup

1 1/2 tsps lavender or rose essence

To decorate (optional)

Edible flowers fresh mint leaves

INSTRUCTIONS

First make the almond paste. Play some nuts in a bowl, covered with water and leave to soak for one hour. Drain and then add to a food processor with a desiccated coconut, coconut oil and xylitol. Blend to a paste.

Use the paste to fill 20 to 24 holes of a silicone ice cube tray, then place in the freezer to set for one hour.

Place the cocoa butter in a medium heat proof bowl and set over medium sauce pan of gently simmering water. (The base of the bowl shouldn't touch the water in the pan.) when the cocoa butter has melted, remove from the heat and leave to cool for 10 minutes (still in the bowl over the pan), then mix in the cacao/Cocoa powder, Maple syrup and lavender or rose essence.

Leave the mixture to cool down further until thick enough to coat the back of a spoon.

Remove the lumps of paste from the ice cube tray and, using a spoon and fork, dip each into the perfume chocolate, then carefully left out and place on a sheet lined with parchment paper. When all the fillings have been coated, place in the freezer to set for 15 minutes.

Repeat this process twice more, so that each filling is covered in three layers of chocolate (see tip below). Store in the freezer.

Sir, decorated with flowers or meant, if you like.

TIP

Kept in the bowl over the sauce pan, the chocolate should remain runny. If it does set, however, simply place back over the heat.

Any leftover chocolate is divine drizzled over berries and ice cream and served with a sprig a fresh mint.

