



Happy cooking!
Mtt.



Introduction.

I'm not sure when I actually started to like cooking but I've always loved the idea of it. For years I collected cookery books but mostly I used to just look at them and admire the recipes and photographs without actually trying them. Most of the time I went for the easy option of cooking what I knew. That has changed in recent years as I've found the time to be more adventurous and discovered it was fun. Now I cook more and come up with my own recipes.

I was brought up on home made food and home-baked bread. I guess some of my mother has rubbed off on me, and she certainly is a good role model in the kitchen. She uses vegetables that my father grows on his allotment so things are seasonal. I don't share their love of runner beans though!

I sometimes find it hard if I'm only cooking for myself but I love cooking for other people. I find it much more satisfying to cook for others as it makes it a more social occasion, even if it's just a quick midweek meal. It helps having someone at home who is happy to test out whatever I cook. He also likes healthy "green" food which saves me from making too many bad food choices — and from baking cakes.

My guilty pleasures are cheese and chocolate. I prefer chocolate in bar form rather than in desserts so it doesn't feature here. However, cheese features a lot... maybe too much!

I try to keep food miles down so I tend to use vegetables in season and buy from local food markets or check the origin labels in supermarkets.

For me, cooking is therapeutic. It's something I prefer to do at a leisurely pace. I can spend a whole day cooking and baking bread, sometimes making meals for a few days ahead or for the freezer.

The recipes in this book are easy and on the whole quick and the ingredients are all widely available.

Tasty. Simple. Healthy.

Breakfast fruits	8
Extra Tasty Porridge	10
Sprout & Leek Hash	14
Samphire with Pink Peppercorns	16
Hummus	18
Green Soup with Halloumi Croutons	20
Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing	22
Twice-baked Garlic Potatoes	26
Spicy Dal	28
Courgette "Spaghetti" with Pesto Stir-fried Veggies	30
Cauliflower, Leek & Fennel Gratin	32
Walnut, Pumpkin Seed & Caper Bread	34
Miso ocean trout, noodles and Asian leaves	36
Pecan chocolate bread and butter pudding	40
Rhubarb & Pear Crumble	42



Breakfast



Tasty.

Simple.

Healthy.

Breakfast fruits

These macerated fruits, served with coffee pancakes, will take your weekend brunch to a whole new level.

Preparation ⌚ 15 minutes | Cooking ⌚ 5 minutes | Serves 👤👤👤

1 orange, zest removed with a zester, flesh segmented

100g caster sugar

1 vanilla bean, split, seeds scraped

Pulp of 1 passionfruit

½ papaya, peeled, sliced

250g strawberries, hulled, halved

½ cup blueberries

01 Place the **zest** in a saucepan with the **sugar, vanilla pod** and **seeds**, and 300ml water.

02 Stir over low heat until the **sugar** dissolves, and simmer for 2-3 minutes.

03 Pour into a dish and cool slightly, then stir in **passionfruit** and cool completely.

04 Add the **orange** segments and remaining fruit.

05 Serve with the **pancakes**.






Tasty.

Simple.

Healthy.

Extra Tasty Porridge

Great for filling you up in the morning, the slow release energy will keep you going without snacking until lunch.

Serves  | Preparation  a few minutes | Cooking  15 minutes

130g jumbo oats

40g wheat germ

300ml almond milk

500ml water

1 banana, sliced

4 tablespoons tahini

40g pistachios (or other nuts of your choice)

2 tablespoons pumpkin seeds

01 Add the **oats, wheat germ, banana, milk** and **water** to a large saucepan and bring to the boil using a medium heat.

02 **Reduce** heat, stir in the tahini and simmer for about 10 minutes until the liquid has been absorbed and the consistency is how you like it.

03 Whilst the porridge is simmering, dry fry the **pistachios** and **pumpkin seeds** until lightly toasted.

04 Divide **the porridge** into bowls and sprinkle with **the nuts and seeds**.

05 Add extra fresh or dried **fruit** if you'd like.





Snacks & Starters





Tasty.

Simple.

Healthy.

Sprout & Leek Hash

I love the simplicity of this recipe, only 4 ingredients and very quick to make. It could be served as a vegetable dish to accompany a roast or as part of a breakfast fry-up. I like it served simply with toast. I used to add pumpkin seeds to the hash but now I serve it with them in the bread instead. The recipe for walnut, pumpkin seed and caper bread is over the page.

Serves  | Preparation  10 minutes | Cooking  8 minutes | 

250g leeks, sliced.

250g Brussels sprouts, each cut into 3.

120g Stilton, roughly crumbled.

Oil to cook. I use a teaspoon of coconut oil

- 01 Heat the oil in a large frying pan over a medium heat.
- 02 Add the garlic and leeks and cook for 3–4 minutes.
- 03 Add the sprouts and cook for a further 2 minutes. The sprouts should retain their crunch.
- 04 Turn off the heat and add the crumbled cheese.
- 05 Stir through and serve.







Tasty.

Simple.

Healthy.

Samphire with Pink Peppercorns

Super quick and easy, with the added bonus that samphire is rich in vitamins and minerals. The peppercorns perfectly compliment its naturally salty taste.

Serves  as a side dish | Cooking  5 minutes |  

- | | |
|---|--|
| 180g samphire | 01 Heat the oil in a frying pan or wok and |
| 2 tablespoons pink peppercorns | 02 Add the garlic and peppercorns . |
| 1 large clove of garlic, crushed | 03 Stir fry for a couple of minutes. |
| 2 tablespoons olive oil | 04 Add the samphire and cook for another couple of minutes stirring well. |



Tasty.

Simple.

Healthy.

Hummus

It's convenient to pick up a tub of hummus in the supermarket but it's so easy to make, and you can adjust the flavourings to your liking. If you don't have any yoghurt to hand it's not essential, but it does add creaminess.

Makes a good sized bowlful | ⌚ under 10 minutes | 🌱

400g can chickpeas, drained

Juice of 1 lemon

4 tablespoons of extra virgin olive oil

3 cloves of garlic, peeled

3 tablespoons tahini

2 teaspoons cumin

2 tablespoons Greek yoghurt

Salt and pepper to season

01 Simply put **all the ingredients** in a food processor and **blend** until smooth.

02 Adjust **seasonings** to your taste.

03 For **chilli hummus** add a couple of de-seeded **fresh chilli's** to the food processor.







Tasty.

Simple.

Healthy.

Green Soup with Halloumi Croutons

This is such a beautiful shade of green, you can't help but feel healthy eating this. Omit the 'croutons' if you want to be really healthy. It's so quick and easy, and blitzed in the saucepan at the end so not much to wash up. Use a deep saucepan/crock-pot to avoid splashing.

Serves  | Prep  5 minutes | Cooking  20 minutes | 

A few sprays of cooking oil

3 cloves of garlic, sliced

1 onion, roughly chopped

2 medium potatoes, cubed

800ml vegetable stock

200g watercress

250g frozen peas

**1 250g packet halloumi,
cut into 1cm cubes**

- 01 Heat a few squirts of cooking oil in saucepan and fry the **garlic** and **onions** for about 3 minutes.
- 02 Add the **cubed potatoes** and **vegetable stock**, bring to the boil, cover and cook for about 10 minutes until the potatoes are tender.
- 03 Add the **watercress**, reduce the heat and simmer for 3–4 minutes.
- 04 Add the **peas**, bring back to the boil and simmer for a minute or so until the peas are tender.
- 05 Season with **salt and pepper**.
- 06 Use a hand blender to blitz to a smooth consistency.
- 07 If serving with **Halloumi**, heat a couple of squirts of oil in a frying pan, add the **cubes of cheese** and fry, stirring regularly until browned.



Tasty.

Simple.

Healthy.

Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing

A simple, but impressive looking starter. The balsamic reduction adds a bit of zing. Careful with the beetroot — it can be a bit messy!

Serves  as a starter | Preparation  15 minutes | 

100g goat cheese cut into 4 slices

80g rocket

50g walnuts

1 small beetroot, peeled and grated

80ml balsamic vinegar

½ teaspoon hot chilli powder

Juice of ½ a lime

- 01 Preheat the oven to 200°
- 02 Put the **balsamic vinegar**, **chilli powder** and **lime juice** in a saucepan. Bring to the boil, reduce heat and simmer for about 15 minutes until thickened, stirring regularly.
- 03 Spread the **walnuts** on a baking tray and put in the oven for 10 minutes.
- 04 Put the **goat cheese** in a dish lined with baking paper and add to the oven for the last 5 minutes.
- 05 Mix together the **rocket**, **grated beetroot** and **walnuts** and divide between 4 plates or salad bowls.
- 06 Top each with warmed **goat cheese** and drizzle with the dressing.





Sides & Mains

Tasty.

Simple.

Healthy.

Tasty.



Simple.

Healthy.

Twice-baked Garlic Potatoes

Fluffy potatoes, the ultimate comfort food. These can be eaten as an accompaniment to another dish or enjoyed simply on their own. Garlic mellows with thorough cooking and is easier to digest than it is raw.



Serves  | Preparation  10 minutes | Cooking  1 hour 45 minutes | 

Medium-large potatoes, King Edward or Maris Piper are ideal

A drizzle of olive oil and a sprinkling of sea salt

1 large bulb of garlic

Milk

Salt and pepper

Spring onions, sliced thinly

- 01 Preheat** the oven to 200°C. Wash the **potatoes**, dry them and prick them with a fork several times.
- 02** Put a tiny bit of **olive oil** on your fingers and rub over the potato skins. Then rub in the **salt**.
- 03 Bake** for about 1 hour 30 minutes until a knife will slide into the potato easily.
- 04** Whilst the potatoes are cooking prepare the **garlic**. Take the outer papery covering off the garlic but leave the skins covering the cloves in place.
- 05 Cut the top off** the cloves exposing the garlic. **Rub** the exposed areas with a little olive oil and put the bulb in a **ramekin dish**, exposed side up. Cover with foil.
- 06** After the potato has been cooking for about 45 minutes, put the garlic in the oven.
- 07** Take the garlic out of the oven about 5 minutes before the potatoes to allow it to cool slightly. Then remove the cloves from their skins. I find it easiest just to **squeeze** them out.
- 08** When the potatoes are cooked, **cut them in half** and **scoop** out the potato flesh whilst leaving the skins intact.
- 09** Put the potato in a bowl with the garlic, and **mash**, with a little **milk** if desired.
- 10 Season** with **salt and pepper** and spoon the mash back into the skins and sprinkle with the spring onions.
- 11** Return to the oven for about 10 minutes. You can put the potatoes under the grill for the last couple of minutes if you'd like the top browned.

Tasty.

Simple.

Healthy.

Tasty.

Simple.

Healthy.

Spicy Dal

I was a late comer to Indian food but when I started, I started on dal. It's still my favourite today and so easy to make. It's forgiving too, spices can be varied depending on what you have. This recipe is simplified by using the already blended garam masala instead of lots of different spices. Serve it simply with a dollop of natural yoghurt, rice or naan. I'm a sucker for a poppadom, so that's how I eat mine. Traditionally the spices are fried using a much larger quantity of oil but I don't like to use much so I just add water at this stage to prevent burning. Not traditional but kinder on the heart!



Serves 4 | Preparation and cooking 35 minutes |

150g red lentils

100g urid dal

100g mung dal

1 litre boiled water

5 cloves of garlic

3 red chillis, (leave the seeds in)

1-2 cm chunk of ginger, peeled

1 tablespoon garam masala

2 teaspoon turmeric

1 teaspoon mustard seeds

2 medium red onions, sliced

2 tablespoons tomato purée

1 teaspoon coconut oil

Fresh coriander to serve

- 01 Put the **lentils** and **dal** in a large stock pot and rinse at least 4 times with warm water
- 02 Add the **water** and bring back to the boil. Then lower the heat, partially cover and cook for about 30 minutes until the lentils are tender and have more or less absorbed the water. **Stir** them occasionally and add more water if necessary.
- 03 Meanwhile, put the **garlic cloves, chilli** and **ginger** in a food processor and blend. If you don't have a food processor just chop them finely or crush using a pestle and mortar.
- 04 Heat the **coconut oil** in a large frying pan and add the **mustard seeds**, then the garlic mixture and cook for about a minute. Then add the **garam masala** and **turmeric**. At this stage the spices will have absorbed the oil.
- 05 After a couple of minutes remove from the heat and set the spices aside in a dish. Return the saucepan to the heat and add the **onions**. Cook on a medium heat for about 5 minutes until softened.
- 06 Add the **tomato purée** and stir.
- 07 When the lentils are ready, add the **spices** and **onions** and stir through. Sprinkle with chopped **coriander** to serve.

Tasty.

Simple.

Healthy.

Courgette “Spaghetti” with Pesto Stir-fried Veggies

Use a spiralizer to create gorgeous green healthy “spaghetti” as an alternative to regular pasta. Also great cold as a salad dish.



Tasty.

Simple.

Healthy.

Serves | Preparation 10 minutes | Cooking 15 minutes |

- 4 courgettes**
- 200g broccolini**
- 200g asparagus**
- 100g closed cup mushrooms sliced**
- 100g French beans cut in half**
- 2 cloves of garlic sliced finely**
- 50g pine nuts**
- 100g (vegetarian friendly) pesto**
- 1 × 400g packet of halloumi, cubed**
- A few sprays of cooking oil**

- 01 Make the “spaghetti” by processing the **courgettes** through your spiralizer.
- 02 Heat a few sprays of oil in a frying pan and add the **halloumi**. Fry for several minutes stirring regularly until browned. Set aside.
- 03 Melt the **coconut oil** in a large frying pan and add the **sliced garlic** and **mushrooms**. Cook until the mushrooms are browned.
- 04 Add the **beans, broccolini, asparagus** and **pine nuts** and continue to cook for a couple of minutes stirring all the time.
- 05 Add the **spaghetti** and cooked halloumi and cook for a further minute or two until heated through.
- 06 Transfer to a large serving bowl and stir in the pesto. Serve immediately.

Tasty.

Simple.

Healthy.

Cauliflower, Leek & Fennel Gratin

This is great served with a simple green salad, or some steamed carrots or sweet potatoes to add some colour. It also makes a great side dish to serve with a roast.



Tasty.

Simple.

Healthy.

Serves 🧑🧑🧑🧑 | Preparation ⌚ 20 minutes | Cooking ⌚ 35 minutes

- 1 medium leek thinly sliced**
 - 1 bulb of fennel, sliced**
 - 1 medium cauliflower, separated into florets**
 - 1 large clove of garlic, sliced**
 - A teaspoon of fresh thyme, chopped**
 - Few sprays of oil**
 - Freshly ground pepper**
 - 3 tablespoons olive oil or butter**
 - 3 tablespoons plain flour**
 - 600mls milk. (I used semi skimmed)**
 - 100g mature cheddar cheese, grated**
 - 2 teaspoons Dijon mustard**
 - 1 bay leaf**
 - 60g wholemeal breadcrumbs**
 - 2 teaspoons black onion seeds**
- 01 **Preheat** the oven to 200°C
 - 02 Heat a few sprays of oil in a large frying pan or wok and brown the **garlic**. Add the **thyme, fennel** and **leek** cook for 5 minutes, stirring regularly. Set aside.
 - 03 Steam the **cauliflower** for 3–4 minutes until slightly tender.
 - 04 In a large saucepan gently heat the oil or butter. Stir in the **flour** and **bay leaf** then add the **milk** stirring constantly.
 - 05 When the milk has thickened, remove the **bay leaf** and add the **cheese** and **mustard**. Continue to stir until the cheese has melted into the sauce. Season with **black pepper**.
 - 06 Combine the **breadcrumbs** and **onion seeds** in a bowl.
 - 07 Put the cauliflower, fennel and leek into a large oven proof dish. Cover with the sauce and then top with the breadcrumb mixture.
 - 08 Bake in the oven for 35 minutes.

Tasty.

Simple.

Healthy.

Walnut, Pumpkin Seed & Caper Bread

I love seedy, nutty bread and the addition of capers adds a lovely saltiness. Bread isn't hard to make but it does need to sit for a while so be sure to plan a good time to make it. You can knead it by hand or use a food processor with a dough hook. You can use a loaf tin although I choose not to. I just shape the dough into a 'loaf' shape and leave it to its own devices!



Tasty.

Simple.

Healthy.

Preparation ⌚ around 30mins | Resting and proving ⌚ 2 hours | Cooking ⌚ 30 minutes | ✓

500g strong white bread flour, makes one loaf.

1 teaspoon of salt

1 teaspoon of easy-blend dried yeast

1 tablespoon of extra virgin olive oil

330ml warm water

40g pumpkin seeds toasted in the oven for 10 minutes at 180°C

150g walnuts

4 tablespoons capers, drained and roughly dried

- 01 Mix the **flour**, **salt** and **yeast** in a large bowl. Add the **oil** and **water** and mix
- 02 Remove from bowl and knead for about 10 minutes, incorporating air, until a smooth dough has formed.
- 03 Add the **walnuts**, **pumpkin seeds** and **capers**, and knead to distribute evenly.
- 04 **Flour** a clean bowl and add the **dough**. Cover with a tea towel and leave in a warm place until the dough has almost doubled in size. Around an hour and a half.
- 05 Tip the dough out of the bowl and stick your fingers in it to reduce the volume back again.
- 06 Either put it into a greased loaf tin or shape as you like and cover with a tea towel and leave again for 30 minutes.
- 07 Meanwhile preheat the oven to 220°C.
- 08 **Dust the loaf** with flour and bake at 220°C for 10 minutes then reduce the heat to 180°C and bake for a further 20 minutes.
- 09 **Remove** from the oven and cool on a wire rack. Try to let it cool a little before slicing... it's not easy!

Tasty.

Simple.

Healthy.

Tasty.

Simple.

Healthy.

Miso ocean trout, noodles and Asian leaves

This Asian-style fish is super fresh and super impressive. Bound to go down a treat.



Preparation ⌚ 15 minutes | Cooking ⌚ 30 minutes | Serves 👤👤👤👤

- 2 tbs white miso**
 - 2 tbs mirin**
 - 1 tbs sake**
 - 1 tbs honey**
 - 1 tbs finely grated ginger**
 - 800g ocean trout fillet (or salmon), skin on, deboned**
 - ½ lemon, thinly sliced, plus juice of ~½ lemon**
 - 2 tbs macadamia oil**
 - 1 tbs soy sauce**
 - ½ red cabbage, thinly shredded**
 - ½ tbs rice vinegar**
 - 200g rice noodles**
 - 3 spring onions, finely sliced**
 - 1 bunch shiso leaves (or basil leaves)**
 - Black and white sesame seeds to serve**
- 01 **Preheat** the oven to 150°C.
 - 02 In a medium bowl, place **miso, mirin, sake, honey** and **ginger**. Stir to combine. Place **fish** on a baking tray. Brush half the mixture over both sides of the fish. Then, with fish skin-side down, top with slices of lemon.
 - 03 Cover with foil. Bake for 20-25 minutes until fish is just cooked through. Set aside for 10 minutes to rest.
 - 04 Meanwhile, make the dressing. To the remaining miso mixture add **lemon juice, macadamia oil** and **soy sauce**. Stir to combine and set aside.
 - 05 In a large bowl, place the **shredded cabbage** and **vinegar**. Toss to coat and set aside for 5 minutes.
 - 06 Meanwhile, bring a saucepan of water to the boil. Add **noodles** and cook to packet instructions. Drain.
 - 07 Add noodles to the **cabbage mixture**, then add half the **spring onion, half the shiso** and **half the dressing**. Toss to combine.



Desserts

Tasty.

Simple.

Healthy.

Tasty.

Simple.

Healthy.

Pecan chocolate bread and butter pudding

This chocolate bread and butter pudding makes use of any leftover bread.



Preparation ⌚ 35 minutes | Cooking ⌚ 40 minutes | Serves 👤👤👤👤👤 | 🌱

- 550g thick-sliced white bread, crusts removed**
- Unsalted butter, at room temperature**
- 6 eggs, lightly beaten**
- 60g caster sugar**
- 2 tsp cocoa, sifted, plus extra to serve**
- 140g dark (70%) chocolate buttons**
- 300ml pure (thin) cream**
- 1 tsp vanilla bean paste**
- Finely grated zest of 1 orange**
- 300ml milk**
- ½ cup (30g) chopped pecans**
- 30g sultanas**
- Vanilla ice cream, to serve**

- 01 **Preheat** oven to 160°C. Grease a 25cm (1.25L capacity) round baking dish and line the base and side with baking paper (the lining here is optional).
- 02 Spread both sides of the bread with **butter** and cut each slice in half widthwise. Set aside.
- 03 Place the **eggs** and **sugar** in a large bowl and whisk until combined, then stir in **cocoa** and **half of the chocolate**.
- 04 Place the **cream**, **vanilla** and **orange** zest in a small saucepan over medium-high heat and bring just to a simmer. While stirring gently with a whisk, pour the hot cream mixture over the **egg mixture** and stir continuously until the **chocolate** has melted.
- 05 Stir in the **milk** to cool the mixture, strain through a fine sieve and set aside.
- 06 Arrange bread upright in prepared pan, **sprinkling pecans, sultanas** and remaining **chocolate** between each piece. Pour chocolate cream mixture over, making sure all bread is coated.
- 07 Set aside for 15-20 minutes for **bread** to soak up mixture. Bake for 35-40 minutes until edges are set but centre has a wobble.
- 08 Remove from oven and set aside to cool slightly. Dust with **cocoa** and serve with **ice cream**.

Tasty.

Simple.

Healthy.

Tasty.

Simple.

Healthy.

Rhubarb & Pear Crumble

The sweetness of the pears compliments the rhubarb perfectly. Serve with custard or a refreshing sorbet.



Preparation ⌚ 15 minutes | Cooking ⌚ 30 minutes | Serves 👥 6 | 🌱

2 pears, peeled, cored and sliced

4 stalks of rhubarb

A teaspoon of grated ginger

Juice of an orange

120g ground almonds

200g oats

50g pecans, roughly chopped

2 tablespoons coconut oil

80ml maple syrup

01 Preheat oven to 180°.

02 Heat the **coconut oil** and **maple syrup** in a saucepan over a low heat until the coconut oil has dissolved.

03 Mix the ground **almonds**, **oats**, and **pecans** together then stir in the oil and syrup.

04 Chop the **rhubarb** into 2 cm chunks and put in a baking dish. Add the **orange** juice

05 Add the prepared **pears** and grated **ginger**.

06 Cover with the **crumble** mix and bake in the oven for 30 minutes.

Index

A

Almond milk

Extra Tasty Porridge 10

Almonds

Rhubarb & Pear Crumble 42

Asparagus

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

B

Balsamic vinegar

Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing 22

Banana

Extra Tasty Porridge 10

Basil leaves

Miso ocean trout, noodles and Asian leaves 36

Bay leaf

Cauliflower, Leek & Fennel Gratin 32

Beans

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Beetroot

Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing 22

Black onion seeds

Cauliflower, Leek & Fennel Gratin 32

Blueberries

Breakfast fruits 8

Breadcrumbs

Cauliflower, Leek & Fennel Gratin 32

Broccolini

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Butter

Cauliflower, Leek & Fennel Gratin 32

Pecan chocolate bread and butter pudding 40

C

Capers

Walnut, Pumpkin Seed & Caper Bread 34

Cauliflower

Cauliflower, Leek & Fennel Gratin 32

Cheddar cheese

Cauliflower, Leek & Fennel Gratin 32

Cheese

Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing 22

Green Soup with Halloumi Croutons 20

Sprout & Leek Hash 14

Chickpeas

Hummus 18

Chilli

Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing 22

Hummus 18

Spicy Dal 28

Cocoa

Pecan chocolate bread and butter pudding 40

Coconut oil

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Rhubarb & Pear Crumble 42

Spicy Dal 28

Sprout & Leek Hash 14

Coriander

Spicy Dal 28

Courgettes

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Cream

Pecan chocolate bread and butter pudding 40

Cumin

Hummus 18

D

Dark (70%) chocolate

Pecan chocolate bread and butter pudding 40

E

Eggs

Pecan chocolate bread and butter pudding 40

Extra virgin olive oil

Walnut, Pumpkin Seed & Caper Bread 34

F

Fennel

Cauliflower, Leek & Fennel Gratin 32

Flour

Walnut, Pumpkin Seed & Caper Bread 34

G

Garam masala

Spicy Dal 28

Garlic

Cauliflower, Leek & Fennel Gratin 32

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Green Soup with Halloumi Croutons 20

Hummus 18

Samphire with Pink Peppercorns 16

Spicy Dal 28

Sprout & Leek Hash 14

Twice-baked Garlic Potatoes 26

Ginger

Miso ocean trout, noodles and Asian leaves 36

Rhubarb & Pear Crumble 42

Spicy Dal 28

Greek yoghurt

Hummus 18

H

Halloumi

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Green Soup with Halloumi Croutons 20

Honey

Miso ocean trout, noodles and Asian leaves 36

J

Jumbo oats

Extra Tasty Porridge 10

L

Leeks

Cauliflower, Leek & Fennel Gratin 32

Sprout & Leek Hash 14

Lemon

Hummus 18

Miso ocean trout, noodles and Asian leaves 36

Lentils

Spicy Dal 28

Lime

Beetroot and Warm Goat Cheese Salad with Chilli Balsamic Dressing 22

M

Macadamia oil

Miso ocean trout, noodles and Asian leaves 36

Maple syrup

Rhubarb & Pear Crumble 42

Milk

Cauliflower, Leek & Fennel Gratin 32

Pecan chocolate bread and butter pudding 40

Twice-baked Garlic Potatoes 26

Mirin

Miso ocean trout, noodles and Asian leaves 36

Mung dal

Spicy Dal 28

Mushrooms

Courgette “Spaghetti” with Pesto Stir-fried Veggies 30

Mustard

Cauliflower, Leek & Fennel Gratin 32

Mustard seeds

Spicy Dal 28

Als u opmerkingen of vragen heeft, dan kunt u contact opnemen met onze redactie: pubsoft@ap.com

© 2023 Tasty.Simple.Healthy is een geregistreerd merk van Publication software, Ellermanstraat 71, 2060 Antwerpen.

© Uitgeverij AP Hogeschool, Antwerpen, 2023

Ontworpen door Jef Van Berghen

D/2023/75/32 - NUR 593

ISBN 928 82 733 2828 9

www.pubsoft.ap.be

Alle rechten voorbehouden. Niets uit deze uitgave mag worden veelevoudigd, opgeslagen in een geautomatiseerde gegevensbestand en/of openbaar gemaakt in enige vorm of op enige wijze, hetzij elektronisch, mechanisch of op enige andere manier zonder voorafgaande schriftelijke toestemming van de uitgever.