



BELLY FLUSH SMOOTHIE

Ingredients

- 2 Handful Spinach
- 1 Green Apple
- 1 Medium Cucumber
- 2 Tbsp Lemon Juice
- 1 Cup Coconut Water

Method:

Wash and chop fruits/vegetables in a blender. Blend till smooth and enjoy..

PASSIONATE MANGO SMOOTHIE

Ingredients

- 1 Mango
- 2 Passion Fruit
- 1 Banana
- 1 Peach
- 100g Natural Yogurt
- 1 Cup Water

Method

Wash and chop fruits/vegetables in a blender. Blend till smooth and enjoy.

SWEET POTATOES & GARDEN EGG SAUCE

Ingredients

- 10 garden eggs or 5 EggPlant
- 400g Chopped Tomatoes
- 1/4 Coconut Oil
- 1 Medium Onion
- 2 Scotch Bonnet Pepper
- 1 Tablespoon Crushed Ginger
- 1/2 Cup Dry Blended Crayfish Salt & Season to taste

Method

Wash and boil eggplants/garden eggs for 8-10 minutes. Let it cool down, take out the skin, and seeds. Chop and set apart in a bowl. In a pan, heat coconut oil, add onions, ginger and fry for 2 mins. Add pepper, crayfish, chopped tomatoes and let it simmer for 10 minutes. Add eggplant, 1/2 cup of any stock and stir the sauce before cooking further for 5 mins. Serve with sweet potatoes or anything really :)

STRAWBERRY MILKSHAKE

Ingredients

- 1/2 cup of rolled oats
- A handful of strawberries
- 1 tbsps peanut butter or 1 tsp flaxseed
- 1 cup almond milk

Blend and enjoy P.S: You can have different flavours by swapping the strawberries with your favourite fruits..

APRIL'S GRILLED SANDWICH

Ingredients

- 2 . Slices whole wheat bread
- 2 tablespoon Peanut butter
- 1 . Medium Banana, sliced

Method

Heat a pan or skillet over medium heat, and coat with cooking spray. Spread peanut butter on one side of each sliced bread. Place banana slices on the peanut buttered side of one slice, top with the other slice and press together firmly. Pan-Fry the sandwich until golden brown on each side, about 2 minutes per side. Enjoy.

APRIL'S AVO-TOAST

Ingredients

- 2 Slices whole wheat bread
- 1/4 Avocado

Method

Mash Avocado in a bowl, sprinkle with salt and spread on toast!

OVERNIGHT OATS

Ingredients

1/2 cup almond milk
3/4 Tbsp chia seeds/flaxseeds
(optional)
1 Tbsp peanut butter or almond
butter 1 Tbsp maple syrup (brown
sugar, or honey)
1/2 cup rolled oats

Method

In a mason jar or mug, add almond milk, chia seeds, peanut butter, and maple syrup and stir with a spoon to combine. Add oats and stir a few more times. Till all ingredients are soaked in. Cover securely with a lid or plastic wrap and leave in the refrigerator overnight. The next day, enjoy your oats with desired toppings (your chosen fruits or handful of chopped nuts). Overnight oats will keep in the refrigerator for up to 2 days, but I prefer to eat within the first 12-24 hours.

MACKEREL SAUCE

(Can be served with boiled Yam /Potatoes /Plantain)

Ingredients

2 Medium Whole Mackerel
1/3 Cup of Palm Oil or Coconut Oil
2 Scotch Bonnet Peppers
250g Chopped Tomatoes
1 Medium Onion
1 Garlic Clove
1 Teaspoon Thyme
1 Teaspoon Curry
Salt to taste

Method

Cut fish as desired and wash. Season with salt, and set aside. Heat oil in a pan, add onions, garlic and fish. Once both sides of the fish is cooked, add pepper, tomatoes, thyme, curry and cook on low heat for 20 mins.

FRUITY GRANOLA

Serves 12

Ingredients

6 cups of rolled oats
1/4cup of mixed nuts
1 cup sunflower seeds
Handful of coconut flakes
1/2 cup maple syrup
1/4 cup of coconut oil
50g of raisins

Method

Preheat oven at 200 degrees and bake on 160 degrees. In a bowl, add chopped nuts, oats, sunflower seeds, and mix together. Warm oil and maple syrup for 1min and mix into 1 and bake for 30mins while stirring every 10mins Stir in coconut flakes, bake for 10mins, stir again and bake for another 10mins. Don't let the flakes burn Add raisins and bake for 5 mins. Enjoy with milk or yogurt!

PASSIONATE MANGO SMOOTHIE

Ingredients

1 Mango
2 Passion Fruit
1 Banana
1 Peach
100g Natural Yogurt
1 Cup Water

Method

Wash and chop fruits/vegetables in a blender. Blend till smooth and enjoy.

ALMOND ENERGY BALLS

Ingredients

1 cup (120g) almond meal
2 tbsp. of honey (or maple syrup)
1 tsp. coconut oil, melted
½ tsp. lemon juice (optional)
2 tbsp. desiccated coconut

Method

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls. You can also add half a teaspoon of lemon juice to break the sweetness. Roll the energy balls in coconut and chill in the fridge.

VANILLA CHOCOLATE BALLS

Ingredients

1 cup (135g) or 12 hazelnuts
2 tbsp. cocoa powder
2 tbsp. maple syrup
1 tsp. vanilla extract
pinch of sea salt
2 tbsp. dark chocolate chunks

Method

Add 1 cup hazelnuts into a food processor and blitz until chopped into tiny pieces. Next add the cacao powder, maple syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water. Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball. Serve straight away or store in the fridge for later.

HOMEMADE POPCORN

Ingredients

1 Cup Popcorn Kernel
2 Tablespoons honey/maple syrup
¼ Cup Coconut Oil
2 Tablespoons Butter

Method

Add coconut oil in a large deep pot and add few kernels. Cover and cook on medium heat till all the kernels pop. Take them out after they pop and add the rest of the kernels. Cover and take the pot off the heat. Shake pot well and cool for 30 secs before putting the pot back on. Please shake the pot every 30 secs so the kernels don't burn. 3 Minutes later, when the popping has slowed down, open the lid and let out the steam. In a separate bowl, melt the butter and Maple Syrup/Honey and pour over the popcorn. Mix all well, until its well coated. Enjoy

CRUNCHY OATMEAL COOKIES

Ingredients

1/2 self raising flour
1 1/4 cup oat (Quaker oat)
1/2 brown sugar
1 egg Vanilla extract
60ml Room temperature butter
Mixed dried fruits and seeds.

Method

Mix all ingredients together, until combined. **make sure to preheat oven, before proceeding at gas make 4-5. Also line the baking tray. Next scoop the mix onto the baking tray in little batch, then use the back of a spoon to flatten out the dough mix and bake till golden brown.

FRUITS IN ALL ITS GLORY

You can enjoy as many fruits as you want for snacks but not more than 200g a day

BANANA/BLUEBERRY MUFFINS

Serves 12

Ingredients

1 cup Oat Bran
2 Tsp Cinnamon
3/4 cup Skimmed milk
2 medium ripe bananas
2/3 cup brown/coconut sugar
4 tablespoons coconut oil
2 teaspoons vanilla extract
2 eggs
2 cups whole wheat flour
1 tablespoon baking powder
1 teaspoon baking soda

Method

Preheat the oven to 350 & line muffin pan with paper muffin cups. Mash bananas in a bowl, add brown sugar, coconut oil, vanilla extract, eggs, and beat well together. In another bowl, mix together 2 teaspoons oat bran, 1 teaspoon cinnamon, and set aside for the topping. Place the remaining oat bran in a bowl with the milk and leave to soak for 5 minutes. Sieve flour, baking powder, baking soda and remaining cinnamon into a large bowl. In the flour mixture, stir in the soaked oat bran and the banana mixture. Mix lightly but thoroughly, just until smooth. Spoon the mixture into the paper cups and sprinkle with the topping. Bake for 25-30 minutes or until well risen and golden-brown. Lift the muffins out onto a wire rack to cool a little. Enjoy!

LUNCH & DINNER RECIPES



BAKED SALMON

Ingredients

1 cup (120g) almond meal
2 tbsp. of honey (or maple syrup)
1 tsp. coconut oil, melted
½ tsp. lemon juice (optional)
2 tbsp. desiccated coconut

Method

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls. You can also add half a teaspoon of lemon juice to break the sweetness. Roll the energy balls in coconut and chill in the fridge.

GRAVY

Ingredients

3 Cups of Stock (any)
1 Medium Onion
2 Tablespoon of coconut/olive oil
3 Tablespoons of corn flour

Method

Skim off the fat from any stock and set aside. Chop onions and fry for few minutes. Stir in the flour and cook for 1 minute. Stir in the meat juices and gradually stir in the stock until you get a smooth gravy. Use a wooden spoon and stir all over the surface of the pan to incorporate any meat juices that are stuck to it. Bring to the boil and allow to simmer for 10 minutes. Season to taste and enjoy with any dish.

GRILLED PEPPERED TURKEY/CHICKEN

Ingredients

1kg Fresh Chicken/Turkey
3 garlic cloves, minced
1 tbsp crushed ginger
1 tbsp curry
1 tbsp thyme
1 tbsp rosemary
1 tbsp salt
1 maggi cube
1 large onion, chopped
1 tbsp ground pepper

Method

Wash chicken and pat dry with kitchen paper towels and set aside. In a big bowl, add salt, thyme, curry, rosemary, Maggi cube, garlic, onions, and grounded dry pepper (as much as you love your chicken spicy. Add chicken, cover with a plastic cover and leave in the fridge overnight. If you're in a hurry, let it marinate for 2-3 hours. Pre-heat oven for 10 mins and grill chicken for 20 mins, toss and grill the other side.

GIZZ CURRY

Serves 5

Ingredients

500g Cooked & Chopped Gizzard (Can be replaced with Shrimps)
1kg frozen mixed vegetables
2 Bell Peppers, chopped
2 Scotch Bonnet Pepper
1 can coconut milk
2 spring onion, chopped
3 garlic cloves, minced
1 Maggi Cube
1 tablespoon curry
Salt to taste

Method

Blend all the peppers, garlic, onion and boil for 20mins In a saucepan, add coconut oil, heat up and fry up the gizzard. Add blended pepper, coconut milk, then season with maggi cube and curry. Boil for few minutes, add vegetables and cook further for 5 minutes or until the vegetables are tender but don't over cook. Add salt to taste.

TOMATO SAUCE

Ingredients

3kg Fresh Plum Tomatoes, blended.
400g Canned Tomato Purée (I love the Italian flavour)
Coconut Oil: 1 Cup
(Drain off stew when you finish cooking)
2 Large Onions, chopped.
4 garlic cloves
1 small chunk of ginger

Method

Wash and blend the fresh plum tomatoes to a fine paste and set aside. In a small bowl, add tomato paste with 1/2cup of water and mix well. In a large saucepan pan, add fresh blended tomato and cook at high heat till almost all the water is drained. In another saucepan, heat oil, add garlic, ginger, onions and tomato puree, boiled tomato paste and stir. Fry at very low heat for 20 mins, stirring occasionally. Your tomato stew is now ready, drain out excess oil if needed. This stew can serve as a base to making any Jollof dish or stewed vegetables.

CHICKEN/TURKEY STIR-FRY

Ingredients:

500g Chicken Breast Fillets
1 Cabbage, grated.
250g Sweet Corn
250g Green Peas
4 Tablespoons Coconut Oil
1 Scotch Bonnet Pepper
1 Tablespoon Smoked Paprika
Seasoning
1 Tsp Salt
2 Tsp crushed ginger
4 Garlic cloves, crushed
1 Red Bell Pepper
2 Tbsp Soy Sauce

Method

Season chicken to taste with salt, pepper, smoked paprika, fresh ginger, crushed garlic and set aside. In a large saucepan or frying pan, heat coconut oil and sauté garlic and ginger for 2 minutes. Add the chicken fillets and sauté another 5-7 minutes. Add the vegetables and sauté another 5-7 minutes. Add soy sauce, stir and cook until all vegetables and chicken are cooked but still very crunchy.

VEGETABLE STIR-FRY

Serves 5

Ingredients

1kg Chosen Vegetables (Can be fresh or frozen)
4 tbsp coconut oil
2 Bell peppers, cut thin
3 spring onions, chopped
1 tablespoon grated ginger
1 scotch bonnet pepper, chopped
2 garlic cloves, minced
1 Tablespoon soy sauce
Salt & season to taste

Method

In a large skillet, add coconut oil with spring onions, garlic, ginger and saute for few minutes. Add peppers, vegetables and stir-fry for 7 minutes. Add soy sauce, salt and seasonings to taste. Stir and enjoy!

CHOPPED CHICKEN SALAD

Serves 2

Ingredients

2 Grilled chicken breasts

Dressing: A Tablespoon of any Light Vinaigrette dressing.

Salad

2 iceberg lettuce, chopped

1 cup red cabbage, chopped

½ cup carrots, grated

¼ cup green onions, chopped

¼ cup almond slices

Method:

Cut grilled chicken into cubes. Prep the salad. Add all of the salad ingredients into a large bowl and add the cubed chicken and dressing. Toss and enjoy!

MASHED POTATOES (BETTER MADE DAILY) SERVES 1

Ingredients

150g Irish Potatoes

½ Cup of Semi-Skimmed Milk

1 Tablespoon Butter Salt to taste

Method

Place the potatoes into a large pot, and cover with salted water. Bring to a boil, reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain, and return the potatoes to the pot. Turn heat to high, and allow the potatoes to dry for about 30 seconds. Turn off the heat. Mash the potatoes with a potato masher twice around the pot, then add the butter and milk. Continue to mash until smooth and fluffy.

COLESLAW

Serves 5

Ingredients

For the slaw: 1 small head cabbage

2 to 3 large carrots (3 to 3 ½ cups shredded)

1 tablespoon salt, optional

1 ¼ cup coleslaw dressing

For sour cream dressing:

½ cup sour cream

¼ cup mayonnaise

¼ cup white wine vinegar or cider vinegar

1 tablespoon brown sugar

½ teaspoon salt

Method

Shred the cabbage: Cut the cabbage in half and peel off a few of the thin outer layers. Cut each half into quarters, then cut out the tough core in the middle. Slice each quarter crosswise into thin shreds, or run the quarters through a food processor with a shredding blade. Transfer the shredded cabbage to a large mixing bowl. Shred the carrots: Peel the carrots, then either cut them into very small matchsticks, or shred them using a food processor with a shredding blade or on a box grater. Transfer the shredded cabbage to the mixing bowl with the carrots. Toss the shredded cabbage and carrots together. Whisk the dressing: Whisk together the ingredients for your dressing in a small bowl. Taste and add more salt, sugar, or vinegar to taste. Toss the slaw with the dressing: Pour the dressing over the shredded cabbage and carrots. Toss gently to combine, making sure all the shreds are coated evenly. Refrigerate for at least 1 hour before serving: Coleslaw has the best texture and flavour the day its made, but it still keeps well for several days in the fridge.

TURKEY SALAD

For the Salad:

500g cooked turkey breast, shredded
100g white cabbage, shredded
100g red cabbage, shredded
1 red bell pepper, finely sliced
1 large carrot, grated
1 cup (100g) bean sprouts
1 spring onions, finely sliced
4 tbsp. coriander, chopped
1/3 cup (30g) almonds, chopped

For the Dressing:

1/4 cup (60 ml) tahini
1/4 cup (60 ml) water
1/4 cup (60 ml) lemon juice
1 garlic clove, minced
1 tbsp. honey

Method

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, and onions, grate the carrot. Chop the coriander and almonds. Place all salad ingredients in a large bowl and mix well to combine. Make the salad dressing by blending all the dressing ingredients together until creamy. Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge.

BEAN PORRIDGE

Ingredients:

10 Cups of Water
1kg Honey/Brown Beans
500g Sweet Corn
6 Tbsp Coconut/Palm Oil
2 Large Onions
4 Tomatoes
4-6 Red Bell Peppers
4 Hot Pepper
Salt to Taste

Method

Boil Beans. Add 1 chopped onions, salt, beans in a large pot, cover with water and boil for an hour. Boil beans till it's soft and if it requires more water, please add. Blend peppers, tomatoes to a fine paste. In another large pot, heat coconut oil in a large pot, add 1 chopped onions, add pepper paste, salt and other seasoning you use in cooking. Let simmer for 5 - 10 minutes. Pour in sweetcorn, cooked beans and allow to cook further for about 30 minutes. Please stir every 5-8 so it doesn't burn.

GRILLED POTATOE CHIPS

Ingredients:

500g Irish/Sweet Potatoes, peeled and cut into desired shape.
2 Tbsp of Olive Oil
1 Tsp Grounded Pepper
1 Tbsp Smoked Paprika
Seasoning
1/2 teaspoon Salt

Method: Preheat the oven to 180C/350F for 10mins. Cut potato into chips and add into a roasting pan. Drizzle over olive oil and season with salt, pepper and smoked paprika. Mix all well till all chips are well coated. Grill in the oven for 20-30 minutes, until potato chips are crisp and golden-brown. Serve hot and enjoy!

CHICKEN WRAP SERVES 5

Ingredients

5 tablespoons low fat soft cheese/
1 Whole Avocado
5 Soft flour tortillas
5 tablespoons low-fat natural yoghurt
250g skinless chicken breasts chopped
100g sweetcorn
1 cup cucumber
1 pinch ground pepper
5 handfuls lettuce leaves

Method: Put the soft cheese and yoghurt in a bowl and mix together until smooth. Add the chicken, sweetcorn and cucumber. Season with some pepper, then mix well. Spread an equal amount over each wrap, then top with the lettuce. Roll up each wrap tightly, slice in half, then wrap in a cling film. Keep cool until you're ready to serve.

CUCUMBER AVOCADO & CHICKEN SALAD

Ingredients

(Serves 4)

For the Salad:

½ head iceberg lettuce, shredded
a dozen basil leaves, torn
1 avocado
2 tsp. lemon juice
½ cucumber, peeled
¼ cup (25g) walnuts

For the Chicken:

2 chicken breast fillets (around 150g each)
1 tbsp. olive oil
1 tbsp. mustard
1 tbsp. honey

For the Sauce:

3 tbsp. Yoghurt
1 tbsp. mayo
1 garlic clove, minced

Method

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes.

Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.

SPICY POTATO POTTAGE

Ingredients

500g Irish Potatoes (wash & cut into cubes)
250g Sweet Potatoes (wash & cut into cubes)
1 Medium Onion Chopped
3 Cups of Chicken Stock
3 Tablespoons of blended crayfish
2 Tablespoons Dry Pepper
2 Red Pointy Peppers (blended)
4 Tablespoons Palm Oil
Salt & Season to taste

Method

Boil potatoes with stock and onions for 20mins. Add peppers, crayfish, palm oil, salt, seasonings and stir. Cook further for 10 mins and enjoy!

Servings: 100g of pottage with 200g of chosen vegetables and 100g of meat.

SALMON & QUINOA SALAD

Ingredients

1 red bell pepper
1 tbsp. coconut oil
4 baked salmon fillets
1 1/3 cup (200g) sugar snaps
4 cups boiling water
1 1/3 cup (250g) cooked quinoa
1 tbsp fresh thyme

Method

Preheat the oven to 400F (200C). Cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min. Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat. Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.

FRIED BROWN RICE

Serves 5

Ingredients:

5 cups cooked brown rice
1kg. package frozen mixed vegetables
1 small onion, finely chopped
1 cup cooked poultry, fish, or meat
2 eggs, lightly beaten
2 teaspoons coconut oil
3 teaspoons soy sauce

Method

In a large pan, heat oil on medium-high heat. Add onion and rice. Stir and cook until onion is soft, about 5 minutes. Reduce heat to medium and add vegetables and meat to rice mixture and cook for 5-7 minutes. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs. Add the eggs, and scramble until cooked firm. Mix the eggs with the rice and vegetables, then sprinkle with soy sauce. Add more seasonings if needed and salt to taste.

VEGGIE QUINOA RICE

Serves 5

Ingredients

2 cups uncooked quinoa (wash 3-4 times)
2 tablespoons coconut oil
4 tablespoons soy sauce
1 Medium onion, chopped
1 tablespoon garlic, minced
1 tablespoon ginger, minced
400g broccoli
250g mushrooms
3 medium carrots, sliced
1 cup sweet corn
4 eggs
4 tablespoons soy sauce

Method:

Wash quinoa 3-4 times and cook according to the instructions at the back of the package. Once cooked, fluff with a fork, then set aside. In a large pot, heat coconut oil, add onion, garlic, ginger, and fry for 2 minutes. Add sweet corn, carrots, mushrooms, and broccoli. Stir vegetables until they are tender but not overcooked. Add cooked quinoa to the pan. Make a circle in the middle of the pan, add the eggs and scramble with a fork. Once the egg is cooked, stir it in with the rest of the dish. Add soy sauce, stir and enjoy!

SHRIMP SOUP

Ingredients

4 cups (1l) chosen stock
2 tbsp. (30g) Tomato paste
1 canned coconut milk
1 cup (225g) chopped tomatoes, canned
1 cup (100g) mushrooms, roughly chopped
500g shrimps
1 tbsp. lime juice
Season to taste and add some chilli.
Method
Pour stock into a pot, add the tomato paste and bring to a boil. Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes. Next, add the shrimps, and cook for about 1 minute on low heat. Season and add chilli & lemon juice.

Brown Rice & Minced Chicken

5 SERVINGS

Ingredients:

500g chicken breast, chopped
3 cups brown rice
1 head broccoli (medium size) chopped
1 green bell pepper &
1 red bell pepper, chopped
1 cup sweetcorn
2 garlic cloves, minced
3 Spring Onions, chopped
2 limes
3 cups of water
1 tsp salt
1 scotch bonnet pepper
4 Tablespoons Coconut Oil

Method Wash rice and drain. In a shallow pot combine 3 cups of water, rice and a little bit of salt. Bring water to a boil over medium heat. Cook till tender or according to package instructions. In a non-stick skillet, heat coconut oil, garlic, add spring onions, chicken and cook till both sides are brown. Add peppers, sweet corn, broccoli and spices, then stir and cook for about 20 minutes in total. Serve with 1/2 a lime and enjoy!

MOIN-MOIN - BEAN PUDDING

Ingredients

Beans (Brown or white) 2.5 Cups
Half Chopped Onion
1 Large Red bell pepper
1 Small Pointed Pepper
2 Scotch Bonnet Peppe
rEggs - 3 (2 Boiled. 1 Fresh)
3 Tablespoons Coconut Oil
1 Maggi Cube
2 Teaspoons Salt

Method:

Soak beans in hot water for easy peeling. Add all peppers, onion with 500ml water (or stock) in a blender and blend till batter is very smooth. (Best to use a food processor) Pour the batter into a large bowl, break in 1 fresh egg, add the coconut oil, Maggi cube, salt and mix batter well. Since I can't find traditional Moin-Moin leaves anywhere close, I opted for my ramekins (Can be replaced with aluminium foil containers). Preheat oven to 200 degrees, pour some boiling water in your baking pan and fill up the ramekins with the batter. Once batter is $\frac{3}{4}$ filled up, add sliced boiled eggs for the topping. Bake for 45 mins and enjoy! (You can also steam: Boil some water in a deep pot. Fill the aluminium foil containers with the batter, cover and set into the pot.) Steam for 45 min

ONE-PAN CHICKEN CARROT COUSCOUS

Serves 5

Ingredients

500g Couscous
400g Chopped Tomatoes
250g Chopped Carrots
250g Chopped Cooked Chicken
2 Tablespoon Coconut Oil
2 Tablespoon Tomato Paste
2/12 cups of chicken stock
1 large bell pepper
1/2 Chopped Onion
2 Crushed Garlic Cloves
Good chunk of fresh ginger
Salt to taste

Method:

Heat the coconut oil in a large pan and cook the onion for 1-2 mins just until softened. Add the carrots, bell peppers, chopped tomatoes and tomato paste. Cook for 2 mins and add ginger, garlic, chicken and cook for 7-10 mins until the carrot is cooked through. Add couscous, then pour over the stock, salt and stir once. Cover with a lid or tightly cover the pan with foil and leave for about 10 mins until the couscous has soaked up all the stock and is soft. Fluff up the couscous with a fork and serve.

JOLLOF RICE/BULGUR/PASTA

Ingredients

3 cups long grain parboiled rice
3 cups tomato stew
3 cups of chicken stock
1 scotch bonnet pepper
3 Garlic cloves, minced
1 tablespoon minced ginger.
1 medium onion, chopped
1 Knorr cubes
2 teaspoons thyme
2 teaspoons curry powder
4 Bay leaves
Salt to taste

Method:

Parboil the rice, drain in a sieve and set aside. Add chicken stock, tomato stew and boil in a large saucepan. Add parboiled rice, curry powder, thyme, bay leaves, garlic, ginger, onion, pepper and salt to taste. Cover the pot and leave to cook on low to medium heat so rice doesn't burn. Cook for 20 mins or till rice is tender. Same method can be used in cooking Jollof Bulgur/Pasta..

Spaghetti Bolognaise

Serves 5

Ingredients:

500g cooked whole wheat spaghetti
500g chopped tomatoes, chopped
200g lamb/lean steak mince
1 cup chicken/vegetable /stock
2 tbsp coconut oil
1 onion, finely chopped
4 large mushrooms, sliced
2 carrots, chopped
2 tbsp tomato purée
1 scotch bonnet pepper
2 tbsp thyme/ fresh parsley

Method

Heat the coconut oil in a large saucepan over a medium heat. Add mince, onion and fry for few minutes. Stir every 30secs till mince turns brown. Add mushrooms, carrots, tomatoes, stock, pepper, thyme, salt to taste and cook for 20 mins. Serve with cooked pasta.

MOIN-MOIN (BEAN PUDDING)

Ingredients

Beans (Brown or white) 2.5 Cups
Half Chopped Onion
1 Large Red bell pepper
1 Small Pointed Pepper
2 Scotch Bonnet Pepper
Eggs - 3 (2 Boiled. 1 Fresh)
3 Tablespoons Coconut Oil
1 Maggi Cube
2 Teaspoons Salt

Method:

Soak beans in hot water for easy peeling. Add all peppers, onion with 500ml water (or stock) in a blender and blend till batter is very smooth. (Best to use a food processor) Pour the batter into a large bowl, break in 1 fresh egg, add the coconut oil, Maggi cube, salt and mix batter well. Since I can't find traditional Moin-Moin leaves anywhere close, I opted for my ramekins (Can be replaced with aluminium foil containers). Preheat oven to 200 degrees, pour some boiling water in your baking pan and fill up the ramekins with the batter. Once batter is $\frac{3}{4}$ filled up, add sliced boiled eggs for the topping. Bake for 45 mins and enjoy! (You can also steam: Boil some water in a deep pot. Fill the aluminium foil containers with the batter, cover and set into the pot.) Steam for 45 mins.

Creamy Zoodles with Chicken

Serves 5

Ingredients:

5 medium size zucchinis
500g grilled chicken breast (boneless & skinless)
1 cup low fat sour cream
1 tbsp minced garlic
1 tbsp olive oil
 $\frac{1}{4}$ cup of water
1 tsp salt
1 Scotch bonnet pepper

Method

Spiralise your zucchinis and serve into bowls. Cut chicken breasts into cubes and set aside. Cook sour cream in a saucepan over low heat for about 2-3 minutes. Add in the minced garlic and cook and stir for another 3 minutes. Add salt, water, pepper stir and let it cook for 5 minutes. Mix everything in already prepped zucchinis, and enjoy!

GRILLED MACKEREL PASTA

Serves 5

Ingredients

500g of cooked Pasta
250g of grilled mackerel
500g Chopped Tomatoes
2 Tbsp Coconut Oil
1 Onion
4 Garlic Cloves
2 Scotch Bonnet

Method:

Heat the oil in a pan, add onion, garlic, tomatoes, chilli. Season with salt and pepper and bring to the boil for 5 minutes. Debone and flake mackerel into the sauce and cook further for 5. Add pasta, season more if needed and enjoy!

SPINACH & SHRIMP PASTA

Serves 5

Ingredients

500g chosen Pasta, cooked
500g cooked shrimp
500g baby spinach, chopped
250g Mushroom, chopped
 $\frac{3}{4}$ cup parmesan cheese, grated
1 Scotch bonnet pepper, chopped
3 garlic cloves, minced
3 Spring Onions, chopped
1 teaspoon thyme
1 teaspoon curry
2 tablespoon coconut oil/butter
Salt, to taste

Method:

In a medium pot, heat oil/butter over medium-high heat. Fry spring onions, garlic for about 30 seconds until browned and add in mushroom & spinach stir until it begins to wilt. Add shrimps and season with salt, thyme, curry and scotch bonnet pepper. Add cooked Pasta, sprinkle over the parmesan cheese, and stir to combine. Enjoy

GREEK VEGGIE TUNA SALAD

Ingredients

1 tbsp lemon juice
¾ cup (160g) tuna pieces in olive oil
½ cup (15g) fresh mint
1 garlic clove
2 zucchini
350g asparagus
½ cup (50g) Almond nuts

Method

Drain tuna and set aside. Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway. Place the vegetables in a bowl and add in the marinade, mix gently until covered. To serve, divide veg and tuna between plates and top with chopped nuts.

Quinoa Nuggets

Ingredients

Chopped 450g chicken breasts
1 cup (185g) cooked quinoa (cook quinoa as instructed on the pack)
1 egg, beaten
¼ cup (30g) cup parmesan, grated
1 tbsp. dried herbs, of choice

Method

Preheat oven to 200C. Cover a baking tray with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool. Increase the oven temperature to 390F (200C). Whisk the egg in a bowl together with the cheese and herbs. Dip the chicken first in the egg, then coat with the quinoa. Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through. Cut 1 nugget into 2 to check chicken is cooked. Can be eaten alone or as a side dish.

JERK CHICKEN WITH CAULIFLOWER RICE

For the Marinade:

1 tsp. dried thyme leaves
1 tsp. ground allspice
2 tbsp. brown sugar
½ tsp. salt
½ tsp. pepper
2 tsp. garlic powder
½ tsp. cinnamon
½ tsp. cayenne
2 tbsp. olive oil
2 tbsp. lime juice

For the Chicken & Rice:

1 lbs (450g) chicken breast
14oz. (400g) cauliflower rice
2 tbsp. coconut oil
1 onion, diced
3 garlic cloves, minced
1 cup (250ml) canned light coconut milk
1 lime, zest and juice
lime wedges, to serve

Method:

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in marinade, leave to marinate for 15 mins or overnight.

Heat the 1 tbsp. coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.

APRIL'S CABBAGE SOUP

Serves 4

Ingredients

Cabbage- 1 Head
2 Bell Peppers-
3 Large Tomatoes
3 Onions
2 Cups Chicken Broth
2 Tablespoon Sunflower Oil
2 Cups Water 5 Sticks Celery
1 Maggi Cube Seasoning
Season as desired.

Method:

Chop all ingredients finely separately
.Fry onions with oil, add celery, bell peppers, and tomatoes for few minutes. Add chicken broth, maggi cube and pepper soup seasonings or any of your choice. Simmer for 2 minutes Add the cabbage, and water. Cook for 30 minutes and serve.

Fake Beans & Dodo

Ingredients

9 Cups of Water
750g Brown Beans
3 Medium chopped Plantain
60g of Palm Oil
1 Large Onion
2 Red Bell Peppers
2 Scotch Bonnet Pepper
2 Long Red Pepper
4 Garlic cloves
1 Teaspoon crushed ginger
1 Tablespoon of Salt
1 Maggi Cube

Method:

Boil Beans with 1 chopped onions, in a large pot, cover with 7 cups water and boil for 40 minutes. While beans is boiling, add peppers, garlic, ginger in a blender with a cup of water and blend to a fine paste. Also, peel plantain, cut into cubes and set aside. When beans is cooked, pour in the blended pepper, chopped plantains, palm oil and stir. Add palm oil, salt, maggie cube and stir. Cook further for 20 minutes (Stir every 10mins so it doesn't burn.) Enjoy!

THAI BEEF STIR FRY

Serves 5

Ingredients

250g beef fillet, cut thin
500g chosen vegetables
250g mushrooms, chopped
2 tbsp coconut oil
2 Bell peppers, cut thin
3 spring onions, chopped
1 tablespoon grated ginger
2 scotch bonnet pepper, chopped
2 garlic cloves, minced
1 Tablespoon soy sauce

Method

In a large pot, add coconut oil with spring onions and fry beef, for about 5 mins till it's brown. Add mushroom, bell peppers, vegetables, ginger, pepper and garlic. Stir and add half a glass of water and cook for a maximum of 5 minutes. Stir and enjoy!

Oil-less Okro Soup

Ingredients

600g of fish (any)
2 cups of stock (any)
4 cups of water
600g of chopped okro
1 teaspoon baking soda
1 teaspoon of salt
70g of crayfish
70g of locust beans
1 tablespoon of any pepper

Method:

Boil water with stock, add crayfish and locust beans and fish fillet, Salk, soda and boil for 3-5mins. Add okro and boil further for 5mins and your soup is ready! Enjoy
I ate this with Plantain Fufu