

SAMPLE RECIPES FOR PATIENT E

DAY 1

Scrambled Eggs with Olive Oil:

1tbsp olive oil
2 eggs
Sea salt

Crack the eggs in a bowl, add some sea salt and mix with a fork. Heat the oil in a frying pan, add the eggs and cook slowly, constantly stirring with a plastic spatula. The eggs should have a creamy texture. Serve immediately. Why not have some rye bread with the eggs.

Cold Rice Noodle Salad with Sardines, Scallion, Soy & Wasabi:

Rice Noodles
1 tin sardines, drained
4 scallion, finely sliced
2tbsps wheat-free Tamari soy sauce, or to taste
¼ tsp wasabi paste

Cook the noodles according to packet instructions, drain and refresh in cold water, and drain again. Place in a bowl along with the remaining ingredients. Place in a plastic container and eat with chop sticks for a great take-out meal.

Asian Baked Salmon:

1 x 6oz salmon fillet
2tbsps wheat-free Tamari soy sauce
1tbsp soy/olive oil
1tbsp chopped cilantro

Pre-heat oven 375F. Place the salmon in an ovenproof dish and season with soy sauce, oil and cilantro. Bake in the oven for 10-15mins until just cooked. Serve with Japanese rice, cooked according to instructions (when doing the rice, cook plenty and freeze single portion sizes in small zip-lock sandwich bags and freeze), and steamed spinach.

Smoothie:

4fl oz plain soy milk
2tbsp low-fat plain yogurt
1 cup mixed blueberries & raspberries
¼ cup ice

Place all ingredients in a blender and whiz until smooth. Serve in a tall glass.

DAY 2***Japanese Rice with Poached Eggs:***

Cooked rice from the night before - reheat

2 eggs

Salt & black pepper

Put a large pot of water on to boil. When the water is boiling, take a spoon and swirl the water. Immediately crack two eggs into the water. The eggs will swirl around with the water. Allow to cook for about 3mins, and then remove with a slotted spoon. Place the reheated rice in a bowl with the poached eggs on top. Season with salt and pepper.

Romaine Lettuce, Feta, Roasted Butternut Squash & Mustard Lime Vinaigrette:

3tbsps olive oil

1tsp cumin seeds

2 garlic cloves, crushed

sea salt & black pepper

1 butternut squash, cut into $\frac{3}{4}$ inch cubes – do not throw away the seeds – see below

$\frac{1}{2}$ head Romaine lettuce, washed & torn into pieces

2oz feta, crumbled

Dressing:

1tbsp Dijon mustard

3-4tbsps fresh lime juice

3-4tbsps olive oil

Pre-heat oven 425F. Place olive oil, cumin, garlic, salt and pepper in a bowl and stir to combine. Add the butternut squash. Place in roasting pan and bake for 30mins - tender and slightly caramelized. Remove from the oven and cool. Whisk dressing ingredients together in a bowl and place in a small bottle. Place the lettuce in a plastic container. Place the butternut squash in another plastic container, and also the feta in a small one. You can then take these out with you and have at lunch. When ready, add some of the squash, all the feta and some dressing to the lettuce. Eat with pita toasts. Have the remainder of the squash as a snack.

Pita Toasts:

1 pack pita bread

olive oil for brushing

Pre-heat oven 350F. Slice pita bread through the middle, brush with olive oil lightly on one side, and then slice each round into triangles. Place on a baking sheet and bake in oven for 10-15mins until crisp and lightly coloured.

Vegetable Stock:

4tbsps olive oil
 1 onion, chopped
 1 leek, chopped
 1 large carrot, chopped
 2 sticks celery, chopped
 6 mushroom stalks
 2 cloves garlic, crushed
 4 parsley stalks
 6 black peppercorns
 sea salt
 1 large bay leaf
 1 pint water

Heat oil and gently fry vegetables for about 5mins. Add the remaining ingredients, bring to the boil, and simmer for about 30mins. Strain and leave to cool. Skim off fat.

Roasted Beetroot Risotto:

½ lb beets
 2tbsps olive oil
 4 garlic cloves, finely chopped
 Fresh rosemary
 Sea salt & pepper
 1 red onion, finely chopped
 ½ cup risotto (Arborio) rice
 4fl oz red wine
 8-12fl oz Vegetable stock (see above)
 Chopped parsley for garnish

Place the beets in a pot of plenty water, bring to the boil and simmer for about an hour until cooked. Drain and refresh in cold water, removing the skins by rubbing them with your hands. Wash thoroughly and cut into ½ inch chunks. Pre-heat oven. Place the beets, along with 2 garlic cloves, 1tbsp olive oil, fresh rosemary and sea salt in a roasting pan. Roast for 30mins until browning. About 20mins before you are ready to eat, make the risotto. Heat 1tbsp olive oil in a frying pan, add the onion and cook until soft. Add 2 garlic cloves, sea salt and some rosemary leaves and cook for another few minutes. Pour in the rice and dry cook for a couple minutes. Add the wine and allow the alcohol to evaporate off. Slowly add the hot vegetable stock, stirring constantly, until the rice is cooked. Season to taste with sea salt and pepper. Garnish with chopped parsley. Serve with steamed carrots and peas, seasoned with fresh oregano and salt.

Roasted butternut squash seeds

Dry the seeds out in a low oven for an hour, turn the heat up to 350F and toast for 10mins with sea salt. Keep in airtight container for a snack.

DAY 3***Smoothie:***

6oz fresh pineapple
 4fl oz plain soy milk
 ¼ cup ice

Place all ingredients in a blender and whiz until smooth. Serve in a tall glass.

Mashed Pumpkin:

½ lb pumpkin, peeled & cut into chunks – save the seeds & do the same as with butternut squash
 Sea salt & black pepper

Place the pumpkin in a pot of water and cook until soft. Drain and mash the pumpkin with salt and pepper. You may add a little olive oil and fresh herbs if you wish. Serve on it's own, or with rice or eggs.

Black & Broad Beans Soup:

1 tbsp olive oil
 1 onion, sliced
 1 stick celery, sliced
 2 inches ginger root, chopped finely
 1 clove garlic, chopped finely
 1 tin broad beans
 1 tin black beans
 fresh thyme or any other fresh herbs
 1 large tin mackerel/sardines in brine
 2 cups cooked white rice

Heat the olive oil in a large casserole pot and gently fry the onion until soft. Add the celery, ginger and garlic and cook for a couple minutes. Add the beans and herbs. Pour over some water to stew it for about 15-20mins, covered with a lid. You may leave this thick and chunky or puree in a blender. You can take this in a hot thermos if you are going to be out on the road for lunch.

Soba Noodles with Soy, Gingered Carrots, broccoli & Sugar Snap Peas:

1 tbsp soy oil
1 onion, finely sliced
½ inch ginger, chopped finely
Wheat-free Tamari soy sauce
1 large carrot, peeled & finely sliced on the diagonal
Handful of sugar snap peas, trimmed
Handful of broccoli, trimmed & but into bite-size florets
¼ pack soba noodles

Bring a large pan of water to the boil and cook the soba noodles according to instructions. Drain and refresh with cold water. Put aside.

Heat the oil in a wok or large frying pan, add the onion and cook until softens. Add the ginger and cook for another couple minutes. Add 2tbsps of tamari. Add the carrots and cook for a couple minutes, then add the sugar snap peas and broccoli and cook until just starts to soften. Check seasoning and add more tamari if needed. Throw in the soba noodles and warm through.

Tuna & Broad Bean Dip with Celery Sticks:

1 tin tuna, drained (can also use tinned salmon)
1 tin broad beans, drained & washed
Fresh oregano
2tbsps fresh lime or lemon juice
Salt & pepper
Water if needed

Place in a food processor and whiz until smooth. Serve with celery or carrot sticks.

DAY 4**Avocado Crushed on Toast:** (bread from a nut-free & sesame-free source)

½ avocado, peeled
 2 slices bread, toasted
 Salt

Crush the avocado on the toast and sprinkle with salt. Enjoy this tasty breakfast with fresh lettuce leaves well!

Artichoke Heart, Mozzarella, Roast Carrot Salad:

2 artichoke globes
 2 lemons
 4oz fresh mozzarella
 4 carrots, peeled & sliced on diagonal ¼ inch thick
 3tbsps olive oil
 Sea salt & black pepper

Pre-heat oven 400F. Place the artichoke globes in a large pot, put about 1 inch of water in the pot along with juice from one lemon. Steam for 15-20mins. Remove from the pot. Peel off the leaves and bite into them as you go! Use the heart of the artichokes for the salad by cutting into ½ inch chunks. Place the carrots along with 1tbsp olive oil and salt into a roasting pan and roast for 20mins. Remove and cool. Add to a bowl along with the artichoke hearts and mozzarella. Mix the juice of one lemon and 2tbsps olive oil in a small bowl, and pour over the salad. Season with salt and pepper if needed. Place in a plastic container and eat when ready. Serve with 100% Rye bread.

Miso-baked Cod with Japanese Rice:

1 x 6-8oz cod fillet
 1tbsp miso paste
 2tbsps wheat-free Tamari soy sauce
 1tbsp rice vinegar

Place the cod in a small oven-proof container and rub in the remaining ingredients. Leave to marinade in the fridge overnight if possible. Bake in the oven, pre-heated at 350F, covered with foil for 20mins. Serve with Japanese rice and steamed kale

Goat Cheese & Salmon Dip with Pita Toasts:

8oz soft goat cheese
 1 tin salmon
 Juice of 1 lemon

Place all ingredients in a food processor and whiz until smooth. Serve with pita toasts – see above. You may add fresh herbs to this and a little olive oil if too thick.